

FOR MAXIMUM BENEFITS ON WORKOUT DAYS, CONSUME TWO (2) SERVINGS IMMEDIATELY AFTER EXERCISE.

MET-Rx® L-GLUTAMINE POWDER

MET-Rx® L-GLUTAMINE POWDER IS AN AMINO ACID SUPPLEMENT OFTEN USED BY ACTIVE MEN AND WOMEN, BODYBUILDERS AND ATHLETES. GLUTAMINE LEVELS MAY DECREASE WITH INTENSE TRAINING AND EXERCISE. IT IS IMPORTANT TO REPLENISH DEPLETED GLUTAMINE LEVELS IN THE BODY WITH THE PROPER SUPPLEMENTATION IN ORDER TO EFFECTIVELY SUPPORT YOUR RECOVERY AFTER EXERCISE.*

MET-Rx® L-GLUTAMINE POWDER MAY ALSO PROVIDE YOU WITH FUEL FOR YOUR WORKOUT AND HELP SUPPORT PROTEIN METABOLISM BY UTILIZING ITSELF AS CELLULAR FUEL IN THE MUSCLES.*

Directions: For adults, mix one (1) rounded scoop (6 g) into 4-8 ounces of water or your favorite beverage one to two times daily. On workout days, consume two (2) servings immediately after exercise. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MET-Rx

L-GLUTAMINE

POWDER

» PROVIDES FUEL FOR YOUR WORKOUT*

» SUPPORTS PROTEIN METABOLISM*

» **SUPPORTS RECOVERY FROM WORKOUTS***

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DIETARY SUPPLEMENT POWDER

NET WT. 2.2 LB. (35.28 OZ.) (1,000 g)

**EXERCISE
RECOVERY***

Supplement Facts

Serving Size 1 Scoop (6 g)

Servings Per Container about 167

Amount Per Serving	%Daily Value
Calories	20
L-Glutamine	6,000 mg (6 g) **

**Daily Value not established.

MET-Rx
Shaping Every Body.™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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