

Doctor's Best L-Glutamine Powder contains Glutamine, an amino acid that is a building block of protein. Glutamine is most commonly used to support muscle growth, skeletal muscles and athletic endurance. Supplementing with L-Glutamine allows the body the much-needed amino acids to increase muscle hydration. This is an essential process in the body that supports muscle recovery from high intensity workouts.*

Helps support muscle mass and strength*

Helps support muscle hydration*

Helps support post-workout recovery*

***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.**



YDRB491



**Dietary
Supplement**

**Doctor's
BEST** *Science-Based
Nutrition™*

Pure L-Glutamine Powder

*HELPS SUPPORT MUSCLE MASS, STRENGTH,
AND POST-WORKOUT RECOVERY**

Net Wt. 10.6 oz (300 grams) *Vegan™*

Supplement Facts

Serving Size 1 scoop (≈5 grams)

Servings Per Container Approximately 60

	Amount Per Serving	% Daily Value
L-Glutamine	5 g	†

† Daily Value not established.

Other Ingredients: None.

Suggested Adult Use: Add 1 scoop to 8 ounces of juice or protein shake and mix well. For best results, drink 1 hour before exercise. Repeat after exercise or before bedtime, or as recommended by a nutritionally-informed physician.

WARNING: Avoid using if you are pregnant, nursing or if you have liver problems. If you are sensitive to monosodium glutamate (MSG), you may be sensitive to glutamine as the body converts glutamine to glutamate. It is recommended to supplement with B vitamins if taking L-glutamine long term.

NOTE: Settling of contents may occur, which may cause slight variations in number of servings.

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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