

GLUTAMINE SPORT HYDRATION & RECOVERY BLEND

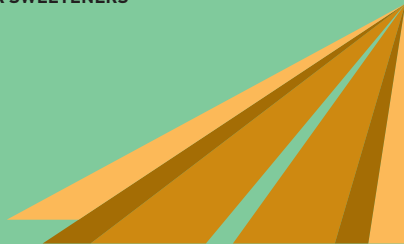
FEATURES SUSTAMINE® AND COCONUT WATER POWDER

- ▲ NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- ▲ MUSCLE RECOVERY
- ▲ IMMUNE SYSTEM SUPPORT
- ▲ ANTI-CATABOLIC



CERTIFIED
FOR SPORT®

DIETARY SUPPLEMENT
Net Wt. 12.97 oz. (367.8 g)



TRUE ATHLETE®

TRUE ATHLETE® NATURALLY DRIVEN®

Features Sustamine® for rapid glutamine absorption and hydration support. Sustamine® is a dipeptide ingredient combining L-Alanine and L-Glutamine, Coconut Water powder & Electrolytes to support hydration.

Glutamine is the most abundant single amino acid in the human body and is conditionally essential, meaning your body can produce glutamine on its own, but intense exercise will deplete glutamine levels and replenishing glutamine may support exercise recovery. Glutamine also plays a major role in supporting the immune system and gastrointestinal health.

Glutamine Sport provides fermented Glutamine from plant based sources as well as the dipeptide glutamine ingredient Sustamine®, which is supported by research to have rapid absorption rates as well as benefits for hydration. Glutamine Sport also provides coconut water powder and electrolytes to support hydration.

Sustamine® is a registered trademark of Kyowa Hakko US.

Products that are designated "NSF Certified for Sport®" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

Supplement Facts

Serving Size 1 Scoop (6.1 g)

Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin C	90 mg	100%
Sodium	50 mg	2%
Potassium	100 mg	2%
L-Glutamine	4 g	*
L-Alanine	900 mg	*
Coconut Water Powder	100 mg	*
L-Sustamine® (L-Alanyl-L-Glutamine)	100 mg	*

* Daily Value not established.

Other ingredients: Calcium silicate, silicon dioxide.

Contains: Coconut.

Does not contain: Gluten, Sugar, Animal Derivatives, Artificial Colors or Flavors.

DIRECTIONS: Mix one (1) scoop (6.1 g) with 6-8 oz. of water or your favorite beverage and consume daily.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▲ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

www.true-athlete.com

Distributed by: Vitamin Shoppe, Inc., Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-800-223-1216

for more information and to reorder.

Item No. VS-4510

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