

## AVOID MUSCLE BREAKDOWN

If you're training and lifting weights seriously, supplementing your diet with additional Glutamine after a heavy workout is vital. Glutamine is the most abundant amino acid in the body and needs to stay at maximum levels for optimal training results. Just one scoop in your favorite protein drink before or after workout will have you ready for Round-2!†

Hard training and exercise depletes Glutamine levels, which leads to muscle breakdown and slower recovery. Glutamine supplementation is essential if you want to protect your muscles and improve strength and endurance.†



TAPOUTSN.COM

### The Revolution In Nutrition™

We started Tapout® Nutrition to assist and inspire you to reach your training goals. I believe if you use these products, and apply yourself, you will get the results you want and feel great about yourself!

*With the right attitude and passion, anything is possible!*

Dan Caldwell a.k.a. Punk Ass  
TapouT LLC, CEO and Co-Founder

†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.

# GLUTAMINE

PREVENTS MUSCLE FATIGUE†  
REBUILDS MUSCLE TISSUE†  
MAINTAINS HEALTHY IMMUNE SYSTEM†

UNFLAVORED

DIETARY SUPPLEMENT

Net Wt. 10.6 oz. (300 g)

REBUILD  
& RECOVER!

# GLUTAMINE

### Supplement Facts

Serving Size 1 Scoop (5g) Servings Per Container 60

| Amount Per Serving | % DV |
|--------------------|------|
| L- Glutamine 5 g   | †    |

† Daily Value not established.

**RECOMMENDED USE:** Take 1 scoop (5g) mixed with 8 oz. of your favorite protein drink. Use 3 times per day.

**ALLERGY WARNING:** Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat, and crustacean shellfish derivatives.

NO FILLERS - NO SUGAR  
NO SODIUM - NO LACTOSE

This product is intended for human use by healthy, physically active adults. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement.

Contents may settle: filled by weight, not by volume.

Manufactured by: ©2009 CHAMPION NUTRITION  
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