## **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!1

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.1



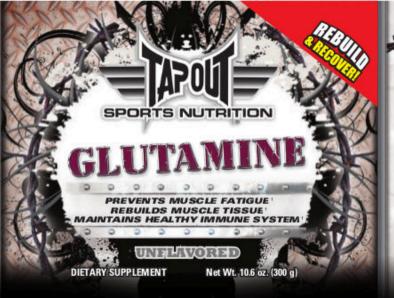
TAPOUTSN.COM

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. Pank Ass.

Tapou TLLC, CEO and Co-Founder



## Supplement Facts

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

Amount Per Serving L-Gutamine

† Dally Value not established.

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

ALLERGY WARNING: Produced in a facility that processes milk, e.gg, 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

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