

# TRUE ATHLETE®

## GLUTAMINE SPORT

▲ hydration

**NO artificial colors,  
flavors or sweeteners**

dietary supplement

▲ recovery



NET WT 13 oz. (368 g)

## Supplement Facts

Serving Size: 1 Scoop (6.1 g)  
Servings Per Container About 60

|                                     | Amount<br>Per Serving | % Daily<br>Value |
|-------------------------------------|-----------------------|------------------|
| Vitamin C (as ascorbic acid)        | 90 mg                 | 100%             |
| Sodium (as sodium chloride)         | 50 mg                 | 2%               |
| Potassium (as potassium citrate)    | 100 mg                | 2%               |
| L-Glutamine (fermented)             | 4000 mg               | *                |
| 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, Artificial Colors, Flavors or Sweeteners.

▲ 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.

**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.

- ▲ Features Sustamine® for rapid glutamine absorption and hydration support. Sustamine® is a dipeptide ingredient combining L-alanine and L-glutamine.
- ▲ Glutamine Sport provides fermented glutamine from plant 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.
- ▲ Muscle recovery
- ▲ Immune system support
- ▲ Anti-catabolic

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.

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

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

Sustamine® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

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