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Glutamine is the most abundant amino acid in your body making up over 63% of the amino acid content in the amino acid pool of your muscle cells. Glutamine is key to the metabolism and maintenance of muscle tissue and acts as a primary shuttle for nitrogen from the bloodstream to inside the muscle cell. Intense training and exercise put greater demands on your body's need for Glutamine, making it a conditionally essential amino acid.

Glutamine plays a multiple role in human nutrition and is essential for the support of lean muscle tissue and immune function. †

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

AST Sports Science
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REV# GL3-750-0313



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STRENGTH • RECOVERY • LEAN MASS

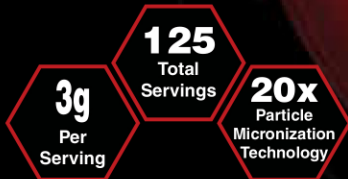
GL3-750™

MICRONIZED L-GLUTAMINE

EASY-TO-SWALLOW
CAPSULES

Dietary Supplement
500 Capsules Net wt: 750 mg

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Supplement Facts

Serving Size: 4 capsules
Servings per container: 125

Amount per Serving:		%DV*
Micronized GL3 L-Glutamine	3 grams	*
(Not less than 98.5%)		

*Daily Value not established.

Other Ingredients May Contain: Rice Flour, Gelatin Capsule, Magnesium Stearate, Silicon Dioxide and Water

Recommended Use: As a dietary supplement, take 4 capsules 2-4 times daily. For best results, take 1 serving upon waking, 1 serving right before bedtime, and 1 serving before and after your workout.

Micronized GL3 750™ represents a leap forward in Glutamine supplementation. GL3 750™ uses a state-of-the-art Particle Micronization Technology (PMT™). Each tiny particle of GL3 750™ is 20 times smaller than regular Glutamine powder. This allows for ultra-fast absorption and utilization in a convenient capsule.



More Muscle Faster
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