

L-Glutamine

During times of stress such as weight training, the body will release the most abundant amino acid, L-Glutamine. L-Glutamine has been shown to act as an anti-catabolic agent by limiting the effects of the muscle eating hormone, cortisol. Increasing muscle volume through the process of increase protein synthesis and increase muscle recovery makes L-Glutamine a staple supplement for any bodybuilder or fitness enthusiast.

L-Glutamine should be taken 20-30 minutes after your workout with a source of protein such as a protein shake. 3-5 grams is recommended. Taking too much may cause some stomach bloat. In that case stop taking it, or decrease the dose. **

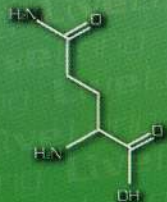
**These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured For and Distributed By:
LIVELONG NUTRITION™
Piedmont, SC
www.livelongsupplements.com

LiveLong™

L-Glutamine

Rapid Recovery Intensifier



- Protein Synthesis
- Increase Muscle Volume and Hardness
- Rapid Recovery

BULK POWDER

500 Grams
DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 5g (1 rounded teaspoon)

Servings Per Bottle: 100

	Amount Per Serving	%DV*
L-Glutamine	5000mg	†

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Values Not Established

Other Ingredients: None.

Suggested Use: As a dietary supplement, take 1 serving after your workout or as directed by your physician.

WARNING: KEEP OUT OF REACH OF CHILDREN. Consult your physician before using this dietary supplement. Do not use this product if you are at risk or are being treated for high blood pressure, heart, kidney, thyroid, or psychiatric disease, difficulty in urinating, prostate enlargement, anxiety, depression, seizure disorder, or stroke. Consult your healthcare professional before use if you are taking antidepressants, MAO inhibitors, or any other prescription drugs. Discontinue use and consult your healthcare professional if dizziness, sleeplessness, tremors, nervousness, headache or heart palpitations occur. Consult your healthcare practitioner before beginning any weight loss program.