

THE TRUE STRENGTH OF GLUTAMINE

Glutamine is the most abundant amino acid in the body and plays an important role in muscle protein development. During prolonged periods of intense exercise glutamine levels can be depleted which may limit protein synthesis. Our Glutamine Powder is a simple way to supplement your diet with this amino acid. Just one teaspoon of Glutamine Powder provides more glutamine than 4 jumbo eggs, 4 oz. of lean beef, 3/4 cup of soybeans, or a 4 oz. chicken breast. Because it's unflavored and instantized for easy mixing, you can add the powder into fruit juice, protein shakes or your favorite weight gain formula.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

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.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin

1-800-705-5226
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5G
GLUTAMINE
SUPPLEMENT

**GLUTAMINE
POWDER**

UNFLAVORED

Supplement Facts

Serving Size 1 Heaping Teaspoon (5.15 g)
Serving Per Container 116

Amount Per Serving

L-Glutamine 5 g*

* Daily Value not established.

OTHER INGREDIENTS: None.

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OPTIMUM NUTRITION, INC.



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DIRECTIONS: Mix one heaping teaspoon of Glutamine Powder with 8 oz. of water or your favorite beverage daily as part of a healthy diet and exercise program.

Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

NET WT. 1.32 LB (600 G)

DIETARY SUPPLEMENT