



L-Glutamine

WARNING: Persons with liver or kidney disease, or Reye's syndrome should not use.

Storage: Keep dry, cool & dark

100g (3.53oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 1000 milligrams

Servings per container: 100

Amount Per Serving	% Daily Value**
L-Glutamine 1000 mg	*

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: soy, dairy, yeast, gluten, or additives.

Directions: As a dietary supplement, take 500 to 1000 mg (or 1/4 tsp) up to three times daily, preferable immediately after workout, or as directed by physician. **DO NOT HEAT**

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	399
1/4 teaspoon	799
1/2 teaspoon	1599

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.