Recommended use or Purpose: Help sustain immune system function and facilitate muscle glycogen recovery after intense exercise.1

Caution: Not intended for pregnant or breastfeeding women. People with health conditions should consult a health care practitioner before consuming L-Glutamine products. Store in a cool, dry place. Keep away from children. Do not use if the security seal is broken.

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease

This product is packed by weight and not volume; some settling may occur in shipping.

Produced in a facility that uses ingredients which may contain milk, egg, soy, wheat, peanut, fish and shellfish.





Direction for Use: Dissolve one scoop (approximately 5 grams) of L-Glutamine powder in one glass of cool water and drink immediately.

Dose: (Adults): One scoop (approximately 5 grams), 1 to 2 times daily.

## **Supplement Facts**

Serving Size 1 scoop (5 grams) Servings per container: 50

**Amount Per Serving** 

L-Glutamine powder ......5g\*

\* Daily Value not established.

Manufactured for:

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Made in Canada

