

AST
SPORTS SCIENCE

MICRONIZED

GL-3TM L-GLUTAMINE

STRENGTH • LEAN MASS • RECOVERY[†]

Dietary Supplement Net Wt: 300g (10.58 oz)

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

Glutamine represents over 63% of the amino acid content in the amino acid pool of muscle tissue. Intense training and exercise put greater demands on your body for Glutamine, making it a conditionally essential amino acid.

Glutamine is the most common amino acid in the body and is key to the metabolism and maintenance of muscle tissue. Glutamine is also the highest concentrated amino acid in the muscle cell and acts as a primary shuttle for nitrogen from the bloodstream to inside the muscle cell. Glutamine has a multifaceted role in human nutrition and is essential for the support of 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.

THE SCIENCE OF
STRONG
AST SPORTS SCIENCE



Supplement Facts

Serving Size: **5 grams (1 Teaspoon)**

Servings Per Container: **60**

	Amount per Serving:	%Daily Value*
--	---------------------	---------------

L-Glutamine (Not less than 98.5%)	5 grams	*
--	----------------	---

*Daily Value not established.

Recommended Use: As a dietary supplement, mix 1 serving (5 grams) in 8 to 12 oz. of water or juice. Drink 1 serving 30 minutes before training and 1 serving 30 minutes after training.

Contents packaged by weight - not volume. Some settling may occur. Shake container lightly before use.

AST SPORTS SCIENCE

120 Capital Drive, Golden, CO 80401

1-800-627-2788 WWW.AST-SS.COM

Copyright © 2020 AST Sports Science

Made In USA

REV#: GL3-220

FDA Registration: 11148835776

