

L-GLUTAMINE is a must-have amino acid for active people, making up 61% of your muscles' total amino acid pool. But because it's rapidly depleted by exercise, glutamine must be replenished regularly to maintain optimal levels. Glutamine mixes easily into liquids for fast absorption.*

MINIMIZE MUSCLE BREAKDOWN*

Supports the maintenance of muscle protein building blocks to minimize the wear and tear of hard training.* Never let a workout go to waste again.

SUPPORT ENDURANCE*

Aids aerobic performance by acting as a fuel source for cells, especially during intense workouts when you're losing water quickly.* Glutamine is needed to make other amino acids as well as glucose.

PROMOTE PERFORMANCE*

Helps with smoother digestion, better absorption of nutrients, and a stronger immune system – for anyone who can't afford off days.*

*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.

ONNIT

GLUTAMINE

Amino Acid

SUPPORTS MUSCLE + GUT HEALTH*

TESTED FOR PURITY & QUALITY

DIETARY SUPPLEMENT

Net Weight
11.1 OZ (315 G)

Supplement Facts

Serving Size 1 Scoop (5 g)

Servings Per Container 60

	Amount Per Serving	% DV
L-Glutamine	5 g	*

*Daily Values Not Established.

Other Ingredients: None

Manufactured Exclusively For: Onnit Labs, LLC
Austin, Texas 78744 (855) 666-4899

SUGGESTED USE: As a dietary supplement, take one scoop mixed with eight ounces of water or your favorite beverage.

Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition, or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken.

KEEP OUT OF REACH OF CHILDREN.

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