

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.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



V.1.281.0415US
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GLUTAMINE POWDER

5G
GLUTAMINE
SUPPLEMENT

UNFLAVORED

Supplement Facts

Serving Size 1 Heaping Teaspoon (5.15 g)
Serving Per Container 58

Amount Per Serving

L-Glutamine	5 g*
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* Daily Value not established.

OTHER INGREDIENTS: None.

MANUFACTURED BY **ON** OPTIMUM NUTRITION, INC. 975 Meridian Lake Dr.
Aurora, IL 60504

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.

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.

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

1-800-705-5226 **TRUESTRENGTH.COM**

NET WT. 10.6 OZ (300 G) DIETARY SUPPLEMENT