

Directions: As a dietary supplement, take one teaspoon (5 g) daily, preferably after exercise, or as directed by a healthcare practitioner.

Bluebonnet's L-Glutamine Powder is formulated with highly concentrated L-glutamine from Ajinomoto, the world-class leader in the production of amino acids. This vegetarian-sourced amino acid helps to build muscle strength, reduce muscle soreness, aid in muscle recovery and support the immune system.♦

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

♦ 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.

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Bluebonnet

FREE-FORM AMINO ACID

L-GLUTAMINE POWDER



Muscle Strength/Recovery &
Immune Support♦

DIETARY SUPPLEMENT

NET WT 8 oz (230 g)

Supplement Facts

Serving Size 1 Teaspoon (5 g)

Servings Per Container 46

Amount Per Serving	
L-Glutamine (free-form)	5 g *

*Daily value not established.

Other ingredients: None.

Manufactured by
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