

## THE BIGGER PICTURE 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 may be depleted faster than the body can replenish them, which limits protein synthesis and encourages muscle breakdown.<sup>1</sup> Our Glutamine 1000 Caps are formulated for rapid disintegration and provide 1,000 mg of pure L-Glutamine per capsule so they deliver a quick, powerful dose each and every time.

**KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATIONS.**

STORE IN A COOL, DRY PLACE.

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.

THE BIGGER PICTURE™  
WWW.OPTIMUMNUTRITION.COM



→ 60  
→ CAPSULES

# GLUTAMINE 1000 CAPS

1,000 MG

L- GLUTAMINE



DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving

L-Glutamine 1 g\*

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Magnesium Stearate.

**SUGGESTED USE:** Consume 1-2 capsules between meals, 30-45 minutes before workouts and/or immediately after workouts.

Carefully Manufactured  
in the by:

Sunrise, FL 33025  
Consumer Affairs  
(800) 238-0097  
optimumnutrition.com  
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