

99.9% *Glutamine*

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PERFORMANCE ESSENTIAL SUPPLEMENT PERFORMANCE ESSENTIAL SUPPLEMENT PERFORMANCE ESSENTIAL SUPPLEMENT PERFORMANCE ESSENTIAL SUPPLEMENT PERFORMANCE ESSENTIAL SUPPLEMENT

Glutamine

L-Glutamine is a free amino acid present abundantly in skeletal muscle. L-Glutamine plays an important role in muscle development.*

Prolonged high intensity exercise decreases Glutamine levels which limits protein synthesis and can even lead to muscle breakdown. Supplementing with 4DN's L-Glutamine powder may help in maintaining Glutamine levels in the body.*

L-Glutamine serves as support for the immune system, hydrates muscle cells, provides an anti catabolic effect and is involved in protein synthesis.*

Our Glutamine powder is unflavoured and mixes easily and is an extremely important part of an athlete's diet.*

4DN™ L-Glutamine is a must have supplement for anyone looking for endurance, recovery and power.*



As a sports nutrition product 4DN™ GLUTAMINE is manufactured under rigorous and stringent certifications known worldwide. Our production facility is EU (European Union), cGMP and HACCP certified. The result, 4DN™ GLUTAMINE is a truly superior product that meets or exceeds the strictest standards in the world.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

5G PER SERVING



INSTANTLY DISPERSIBLE PHARMACEUTICAL GRADE

Glutamine

Micronized Powder

Support Muscle Function During & After Exercise
Improve Endurance
Ensure Proper Immune Function

60 SERVINGS

UNFLAVOURED DIETARY SUPPLEMENT

300 G

DIRECTIONS FOR USE:

Take 1-2 servings of 4DN™ Glutamine per day. Mix 1 serving, 5gm (1 level teaspoon) into at least 16 ounces (500mL) of water or other suitable liquid and drink within 15 minutes. Post-workout, or upon waking are the best times to consume 4DN™ Glutamine for maximum absorption. It is important to stay well hydrated while taking any Glutamine product.

Supplement Facts

Serving size: 5 g (1 teaspoon)

Servings per container: 60 servings

Amount per serving	% Daily Value
L-Glutamine	5g

* Percent Daily Values are based on a 2000 calorie diet.

† Daily value not established.

Other Ingredients: None

PERFORMANCE ESSENTIAL



MANUFACTURED
FREE OF BANNED
SUBSTANCES
MANUFACTURED
IN A cGMP
CERTIFIED
FACILITY
NO FILLERS OR
FLUFF

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MANUFACTURED IN USA



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