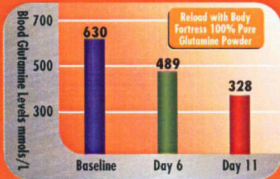


BODY FORTRESS™ 100% PURE GLUTAMINE POWDER

Heavy training can take a toll on your muscles, and when you're training hard every day your body may not be able to produce sufficient Glutamine for recovery. Hardcore lifters and athletes know that supplemental Glutamine is a must if they want to maximize recovery - since Glutamine is a conditionally essential amino acid.* Glutamine is used as a cellular fuel, supports protein metabolism, and may help replenish muscle glycogen stores when combined with carbohydrates.* Glutamine has also been found to boost bicarbonate production, which can be important for buffering lactic acid produced during intense training.*

Scientific Research
Demonstrates
Continued Hard
Training can
DECREASE
Glutamine Levels -
Reload with Body
Fortress Pure
Glutamine



Keast, D. The Medical Jnl of Australia, 1995.

*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.

BODY FORTRESS™

100% PURE GLUTAMINE POWDER

ULTIMATE RECOVERY FUEL*

- ◆ **Supports Recovery from Workouts***
- ◆ **Helps Strengthen Immune System***
- ◆ **4,500 mg per serving**

DIETARY SUPPLEMENT

Net Wt. 10.6 oz. (300 g)

Supplement Facts

Serving Size 1 Teaspoon (4.5 g)

Servings Per Container about 66

Amount Per Serving	%Daily Value
Calories	15
L-Glutamine	4.5 g (4,500 mg) **

**Daily Value not established.

SUGGESTED USE: For adults, mix one (1) teaspoon (4.5 g) into 4-8 ounces of water or your favorite beverage and take one hour before your workout. Consume a second serving immediately after your workout to speed recovery. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Carefully Manufactured by
Healthwatchers (DE), Inc.
Bohemia, NY 11716 U.S.A.

BODY FORTRESS

YOUR BODY.
YOUR FORTRESS.™

WWW.BODYFORTRESS.COM

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