

MET-Rx® Pure L-Glutamine Powder

- Glutamine is a crucial component of muscle cells.
- Glutamine may promote replenishment of muscle glycogen stores after exercise when combined with carbohydrates.*
- Intense exercise promotes Glutamine formation and release from muscle.
- Supports protein metabolism.*

DIRECTIONS:

For adults, mix one (1) rounded scoop (6 g) into 4-8 ounces of water or your favorite beverage one to two times daily. On workout days, consume two (2) servings immediately after exercise. 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. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

MET-Rx®

L-GLUTAMINE

»» THE REVOLUTIONARY SCIENCE OF RECOVERY * ««

»» **Anti-Catabolic***

»» **Supports Recovery from Workouts***

DIETARY SUPPLEMENT POWDER

NET WT. 2.2 lb. (35.28 oz.) (1,000 g)

Supplement Facts

Serving Size 1 Scoop (6 g)
Servings Per Container about 167

Amount Per Serving	%Daily Value
Calories	25
L-Glutamine	6,000 mg (6 g) **

**Daily Value not established.

*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.

MET-Rx®

Shaping Every Body.™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

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