

Maximize Recovery & Results!

MMSN brings you **Max Glutamine**, pure HPLC tested crystalline L-Glutamine powder. Produced in the body naturally, glutamine is a "conditionally essential" amino acid and is the most abundant free amino acid in plasma and in skeletal muscles (60%). Glutamine is often depleted due to training, infection, stress, poor diet, and acute exercise. Additionally, research indicates that bodybuilders, fitness and strength athletes, and other active people often do not produce enough glutamine

within their liver to restore critical glutamine levels within a reasonable time frame following training. Glutamine is utilized at high rates by rapidly dividing cells, including leukocytes, providing critical energy for nucleotide biosynthesis. Supplemental glutamine can be utilized to repair trained muscles and support the natural production of human growth hormone, which is important to muscle recovery and gains. Glutamine can also support the health of the intestine and immune systems and allow for more intense training. Train hard and get the most from your workouts with **Max Glutamine!**[†]

[†]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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RECOVERY



MAX GLUTAMINE

Anti-Catabolic Amino Acid

- Critical Amino Acid for Performance Enhancement and to Maintain Lean Muscle Composition[†]
- Promotes Muscle Repair and Rapid Recovery[†]
- Supports Intestinal Health, Growth Hormone and Immune Function[†]

DIETARY SUPPLEMENT • NET WT. 400 G (0.88 LBS)

Directions: As a dietary supplement take one heaping scoop 2 – 3 times daily mixed into your favorite beverage.

Supplement Facts

Serving Size: One (1) Scoop, Five (5) Grams

Servings Per Container: 80

	Amount Per Serving	% Daily Value*
L-Glutamine	5 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

NOTE: If moisture is allowed inside the container, it may cause the product to clump, harden or smell slightly different. Use the enclosed scoop or make sure your spoon is completely dry before dispensing. Clumping or hardening does not change the effectiveness of this product.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.



**KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY
FROM MOISTURE, SUNLIGHT AND EXCESS
HEAT. ALWAYS KEEP TIGHTLY SEALED.**

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
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