

Take the Pure Advantage™

Glutamine is the most abundant amino acid found in your muscles. It is also the primary transporter of nitrogen into your muscle cells. Glutamine plays key roles in protein metabolism, cell volumizing, and anti-catabolism. Glutamine's anti-catabolism ability prevents the breakdown of your muscles.*

Research also indicates that Glutamine increases the body's ability to secrete HGH, which helps metabolize body fat and support new muscle growth.*

Pure Advantage™ only uses Micronized, Pharmaceutical Grade L-Glutamine which means better absorption and utilization.*

**So get the Advantage with Pure Advantage™
100% GUARANTEED**

*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
Pure Advantage
1610 W. Whispering Wind Dr.
Phoenix, AZ 85085
1-800-798-0707
www.pure-advantage.net



Micronized L-Glutamine

Rapid Absorption

Enhances Protein Synthesis* • Increases Muscle Volume*
Enhances Immune System*

A Dietary Supplement
1.1 LBS (500 grams)

Supplement Facts

Serving Size: 1 teaspoon (5 grams)
Servings Per Container: 100

Amount Per Serving	% DV
Micronized L-Glutamine (U.S. Pharmaceutical Grade)	5g †

†Daily Values are not established

Recommended Use by Bodyweight:

100 lbs. - 150 lbs.

Mix 1 teaspoon (5 grams) with your beverage of choice 45 minutes before and immediately after exercising.

151 lbs. - 250 lbs.

Mix 2 teaspoons (10 grams) with your beverage of choice 45 minutes before and immediately after exercising.

251 lbs. - UP

Mix 3 teaspoons (15 grams) with your beverage of choice 45 minutes before and immediately after exercising.

As with any dietary supplement, please consult a physician before consuming this product.

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE