

L-Glutamine™ is the most abundant amino acid in the body (including the brain, muscle and blood). The concentration of free glutamine appears to influence whether muscles will be broken down (*catabolism* - low glutamine content) or built up (*anabolism* - high glutamine content).** Glutamine acts as a “nitrogen shuttle” by picking up and dropping off nitrogen around the body. Nitrogen is an essential component of DNA and vital for building muscle.** Glutamine is a prominent contributor to the functional integrity of the intestines and serves as an energy source for these highly active cells.** Overall, **L-Glutamine™** supports muscle growth and recovery, immune and intestinal health, and preserves muscles after intense training and during times of stress or sickness.**

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

6 09492 72102 _ Lot #: (See Bottom)
Best if used by: (See Bottom)



HPLC TESTED
FOR PURITY
100% Micronized

L-Glutamine 500

ANTI-CATABOLIC**
OPTIMIZES RECOVERY**
ESSENTIAL FOR PROTEIN SYNTHESIS**
SUPPORTS INTESTINAL & IMMUNE HEALTH**

Dietary Supplement
NET WEIGHT: 1.1 LBS (500g)

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Suggested Usage: Take 2-4 scoops up to 3 times daily or as directed by your healthcare provider. For athletes and those working out more than 3 times weekly, maximum results will be obtained by taking an additional 2-4 scoops prior to and immediately following an intense training session.

Supplement Facts

Serving Size 3 scoops (approx. 3 gram)		
Servings Per Container 167 (approx.)		
	Amount Per Serving	% Daily Value
L-Glutamine	1,000mg	*
*Daily Value not established		

Other Ingredients: No excipients added.
Contains **NO** egg, peanut, tree nut, fish, shellfish, wheat, gluten or yeast.
This product is manufactured in a facility that produces other products and may contain trace amounts of dairy or soy.

Formulated by & Manufactured for:
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