

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 72103 _

Lot #: (See Bottom)

Best if used by: (See Bottom)

04/11/2001



HP/LC TESTED
FOR PURITY
100% Micronized

L-Glutamine 1000™

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

DIETARY SUPPLEMENT
NET WEIGHT: 2.2 LBS (1000g)

**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.

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 2-4 scoops prior to and immediately following an intense training session.

Supplement Facts

Serving Size 1 scoop (approx. 1 grams)

Servings Per Container 1000

Amount Per Serving	% Daily Value*
L-Glutamine	1,000mg †

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: None.

Contains **NO** peanut, tree nut, fish, shellfish, wheat, gluten, yeast, artificial flavoring or colors.

This product is manufactured in a facility that produces other products and may contain trace amounts of milk, egg or soy.

Formulated by & Manufactured for:
MRM
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296

