

Micronized **GL3 L-Glutamine™** represents a leap forward in Glutamine supplementation. **GL3** uses a state-of-the-art Particle Micronization Technology (PMT™). Each tiny particle of **GL3** is 20 times smaller than regular Glutamine powder. This allows for ultra-fast absorption and utilization.†

Glutamine represents over 63% of the amino acid content in the amino acid pool of muscle tissue. Intense training and exercise put greater demands on your body for Glutamine, making it a conditionally essential amino acid.†

Glutamine is the most common amino acid in the body and is key to the metabolism and maintenance of muscle tissue. Glutamine is also the highest concentrated amino acid in the muscle cell and acts as a primary shuttle for nitrogen from the bloodstream to inside the muscle cell. Glutamine has a multifaceted role in human nutrition and is essential for the support of muscle tissue and immune function.†



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

AST Sports Science
120 Capital Drive, Golden, CO 80401
1-800-627-2788 • www.ast-ss.com • REV# GL3-5614

SPORTS SCIENCE

AST

10g
Per
Serving

53
Total
Servings

20x
Particle
Micronization
Technology

MICRONIZED

GL3™

L-GLUTAMINE

AST SPORTS SCIENCE

**STRENGTH
SIZE
RECOVERY**

Dietary Supplement Net wt: 525 grams (18.52 oz)

SPORTS SCIENCE

AST

Supplement Facts

Serving Size: **2 Teaspoon (10 grams)**
Servings Per Container: **~53**

Amount per Serving:	%DV
L-Glutamine (Not less than 98.5%)	10 grams *

*Daily Value not established. Percent Daily Value (%DV) are based on a 2000 calorie diet.

Recommended Use: As a dietary supplement, mix 2 teaspoons (10 grams) in 6 to 8 oz. of water or juice. Drink 1 serving 30 minutes before training and 1 serving 30 minutes after training.

Contents packaged by weight - not volume. Some settling may occur.

Max-OT
TRAINING SERIES

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