

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.

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Lot #: (See Bottom)
Best if used by: (See Bottom)



FITNESS™

DIETARY SUPPLEMENT



L-Glutamine 325

HPLC TESTED FOR PURITY
100% MICRONIZED

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



RECOVERY™

NET WEIGHT: 0.715LBS (325g)

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 - 1 scoop (1 gram)
Servings Per Container - 325

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: No excipients added.

Contains **NO** 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 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



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