



MUSCLE RECOVERY*

TRAINING PERFORMANCE*

REV 2015



GLUTA BLAST™ HIGHLIGHTS

DAILY USE OF THIS PRODUCT CAN HELP PROMOTE:

- Improved Recovery Response*
- Improved Muscle Hydration*
- Increased Protein Synthesis*
- Improved Glycogen Levels*
- Enhanced Immune Function*



STRENGTH



HYDRATION



RECOVERY

AM	PRE	INTRA	POST	PM
●	●	●	●	●



BLUE RASPBERRY
NATURALLY AND ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT
NET WT 8.11 OZ (230 g)

PRE | INTRA | POST
WORKOUT



GLUTA BLAST™

ADVANCED RECOVERY BLEND*

WHAT IS GLUTA BLAST™

GLUTA BLAST™ is a blend of "high performance" glutamine analogues intended to provide athletes and fitness enthusiasts alike with a multi-phased recovery system. GLUTA-BLAST™ provides an increased improvement in glutamine bioavailability that optimizes absorption and plasma concentrations of glutamine in muscle tissue. GLUTA-BLAST™ can help elevate glutamine stores to offset catabolic muscle stress during training and decrease recovery time.*

NOTE: Contents may settle during shipping. SHAKE CONTAINER BEFORE USE. Moisture and humidity can cause clumping and discoloration. See contents before each use and SEAL IMMEDIATELY AFTER!

Manufactured for Promera Health, LLC • 61 Accord Park Drive • Norwell, MA 02061
Manufactured in the U.S.A. from international and domestic ingredients.
CA NPW 80041895

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

Supplement Facts

Serving Size 1 Scoop (3.8g)
Servings Per Container 60

	Amount Per Serving	% Daily Value**
Vitamin B6 (as Pyridoxine Hydrochloride)	8 mg	400%
Glutamine Blend	3,060 mg	†
L-Glutamine, N-Acetyl L-Glutamine, L-Alanyl L-Glutamine (Sustamine™), Magnesium Glycinate Glutamine Chelate TRAACS®		

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

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, and Blue #1.

SUGGESTED USE: Adults, mix 1 serving (1 scoop) with 8 to 8 ounces of water 15 minutes prior to training. On intense training days additional servings (scoops) can be used during and post exercise, as well as prior to sleep. On non-training days continue using 1-2 servings (1-2 scoops) to help promote muscle recovery.*

WARNING: Not intended for individuals under the age of 18. Always consult your physician before using this or any other dietary supplement. DO NOT USE IF PREGNANT OR NURSING. In the event of any adverse reaction discontinue use immediately and consult a physician. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

©2015 All Rights Reservedpromerasports.com



Sustamine® is a Registered Trademark of KYOWA HAKKO BIO Co., Ltd.
TRAACS® is a Registered Trademark of Albion Laboratories, Inc. Chelate covered by U.S. Patent 5,888,553.

