

Do not accept if seal is broken.

Product No. 14-100

Store between 59°-86° F. Keep out of the reach of children.

Contents packed by weight not volume. Some settling may occur.

IRON TEK® GLUTAMINE POWDER FEATURES:

Five (5) grams of L-Glutamine per serving. Mixes easily without a blender. No aftertaste. Unflavored. Glutamine, the most abundant amino acid in the human body, helps support muscle tissue.** Intense physical exercise utilizes the body's Glutamine stores, therefore Glutamine is an important sports-related nutrient. It is especially concentrated in muscle tissue where it is the most abundant "free" amino acid.** Free form amino acids are readily available for various uses by the muscles and other areas of the body.**

IRON TEK® GLUTAMINE POWDER BENEFITS:

- Helps the body support muscle tissue.**
- Important sports-related nutrient.
- Contributes to glycogen storage in the muscles.**
- Important component of glutathione, a mediator with antioxidant properties.**

**** 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.**



Lot No:

Best by:

07H14L

IRON-TEK®
CLEAN PERFORMANCE

GLUTAMINE POWDER

HIGH QUALITY

Certified



Gluten-Free

**Certified Gluten-Free
Dietary Supplement**

Net wt. 38.8 oz. (2.4 lbs.) (1.1 Kg)



DIRECTIONS FOR USE: Adults mix (1) level teaspoon (5 g) with cold liquids one (1) to three (3) times daily. As a reminder, discuss the supplements and medications that you take with your health care providers.

FOR OPTIMAL RESULTS: Adults take one (1) 5 gram serving immediately following workout. This product may be taken in conjunction with Iron-Tek® Essential Creatine Monohydrate and Iron-Tek® Essential Protein 100% Pure Whey. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size One (1) level teaspoon (5 g)

Servings Per Container About 220

Amount Per Serving

L-Glutamine (free form)	5 g	*
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* Daily Value not established.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, preservatives, artificial color, artificial flavor or artificial sweeteners.



American Vegetarian Association



Gluten-Free



This product has been manufactured at a GMP Registered facility.



Manufactured by Country Life, LLC (Iron-tek)

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