

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)

2004/11/10



L-Glutamine 1000

HPLC TESTED FOR PURITY
100% MICRONIZED



FITNESS™

DIETARY SUPPLEMENT

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



RECOVERY™

NET WEIGHT: 2.2LBS (1000g)

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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 (1 gram)
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:
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