

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 FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot #:
Best if used by:

0814N001



L-Glutamine 1500™

HPLC TESTED FOR PURITY
100% MICRONIZED

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



FITNESS**

DIETARY SUPPLEMENT
150 CAPSULES



RECOVERY**

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Suggested Usage: Take 1-2 capsules up to 3 times daily, or as directed by your qualified healthcare provider. For athletes and those training more than 3 times weekly, maximum results will be obtained by taking 2-3 capsules prior to and immediately following intense training session.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*
L-Glutamine 1,500mg	†

*Percent Daily Value is based on a 2000 calorie diet.
†Daily Value not established.

Other Ingredients: Capsule is made of gelatin.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast.

Formulated by & Manufactured for:
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