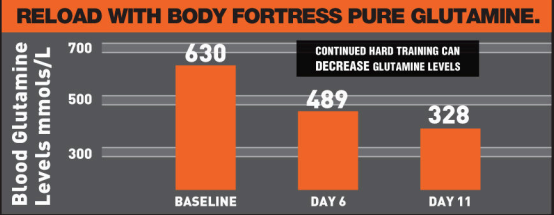


BODY FORTRESS® BUILDS THE FOUNDATION FOR YOUR TRAINING ROUTINE WITH PRODUCTS DESIGNED TO DELIVER RESULTS WITH NO ADDED HYPE. THAT'S WHY WE DESIGNED 100% PURE GLUTAMINE, TO DELIVER JUST THAT; ONLY 4.5G OF PURE GLUTAMINE IN EACH SCOOP. TRAINING HARD CAN TAKE A TOLL ON YOUR MUSCLES AS GLUTAMINE LEVELS MAY DECREASE. 100% PURE GLUTAMINE IS THE ULTIMATE RECOVERY FUEL THAT WILL HELP YOU REPLENISH THIS KEY NUTRIENT LOST DURING TRAINING AND ASSIST IN YOUR RECOVERY.*



Keast, D. The Medical Jnl of Australia. 1995.

Directions: For adults, mix one (1) teaspoon (4.5 g) into 4-8 ounces of water or your favorite beverage and take one hour before your workout. Consume a second serving immediately after your workout to speed recovery. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

Contents are sold by weight. Some settling may occur.

BODY FORTRESS®
YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

BODY FORTRESS®

**100% PURE
GLUTAMINE
POWDER**

ULTIMATE RECOVERY FUEL*

4.5g
GLUTAMINE

66
SERVINGS

BOOSTS POST-WORKOUT RECOVERY*

ZERO ASPARTAME – ZERO GLUTEN

DIETARY SUPPLEMENT NET WT. 10.6 oz. (300 g)

Supplement Facts

Serving Size 1 Teaspoon (4.5 g)
Servings Per Container about 66

Amount Per Serving	%Daily Value
Calories	20
L-Glutamine	4.5 g (4,500 mg) **

**Daily Value not established.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

Manufactured according to cGMP standards, as is required for all dietary supplements.

GLUTEN FREE

Made In The USA
from select ingredients from around the world.

PLEASE RECYCLE

Carefully Manufactured for
United States Nutrition, Inc.
Bohemia, NY 11716 U.S.A.
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