

Post-Workout

For maximum benefits on workout days, consume two (2) servings immediately after exercise.

MET-Rx® L-Glutamine Powder is an amino acid supplement often used by active men and women, bodybuilders and athletes. Glutamine levels may decrease with intense training and exercise. It is important to replenish depleted glutamine levels in the body with the proper supplementation in order to effectively support your recovery after exercise.*

MET-Rx® L-Glutamine Powder may also provide you with fuel for your workout and help support protein metabolism by being utilized as cellular fuel in the muscles.*

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. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

*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.

The logo for MET-RX UNFLAVORED is displayed. It features the brand name "MET-RX" in a large, bold, black sans-serif font, with a registered trademark symbol (®) to the upper right of the "X". Below "MET-RX", the word "UNFLAVORED" is written in a smaller, white, bold, sans-serif font. The entire logo is set against a black background and is framed by a white border that is thicker on the left and bottom sides.

L-GLUTAMINE

DIETARY SUPPLEMENT POWDER
Net Wt. 2.2 lb. (35.28 oz.) (1,000 g)

6G GLUTAMINE	Accelerates Post-Workout Recovery*
	Replenish Key Nutrient Lost During Training
	No Artificial Sweeteners, Flavors or Colors

Directions: For adults, mix one (1) rounded scoop (6 g) into 4-8 ounces of water or your favorite beverage one to two times daily. On workout days, consume two (2) servings immediately after exercise. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Scoop (6 g)
Servings Per Container about 167

Amount Per Serving	%Daily Value
Calories	25
L-Glutamine	6,000 mg (6 g) **

****Daily Value not established.**



Manufactured in the USA with select ingredients
from around the world for **MET-Rx Nutrition, Inc.**
Boca Raton, FL 33487
©2016 Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

