

**GNC**  
**PRO PERFORMANCE**

Glutamine is one of the most abundant amino acids found in muscles. It is involved in protein synthesis and plays an important role in hydrating muscle cells. With this amino acid's great benefits in the body, it will support muscle function.\* Each serving supplies 5,000mg of L-Glutamine and blends easily with any beverage or sports drink.

**STACK WITH PRO PERFORMANCE®:**  
**RapidDrive® Arginine 5000™**  
**Hybrid Creatine Complex**  
**100% Whey Protein**

For More Information:  
1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



# L-GLUTAMINE POWDER 5000

**DIETARY SUPPLEMENT**

**5000mg Dose to Help Fuel Muscle Performance**

**Anti-Catabolic & Supports Muscle Function\***

**Supports Recovery After Workouts\***

**90 SERVINGS**

**Net Wt 16 oz (1 lb) 454 g**

**UNFLAVORED**

**Daily**

**Post-  
Workout**

CODE 350528

**DIRECTIONS:** As a dietary supplement, take one heaping teaspoon (5000mg) post exercise in 8 fl. oz of water or fruit juice and another 5000mg serving two hours later.

## Supplement Facts

Serving Size One Heaping Teaspoon (5000mg)

Servings Per Container 90

### Amount Per Serving

L-Glutamine

5000 mg\*

\* Daily Value not established.

**OTHER INGREDIENTS:** None.

**NOTICE:** Significant product settling may occur.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Corn, No Soy, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

\*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.