

Fitness Labs

Creatine & L-Glutamine

500 Grams

Item No. 94-755 UPC: 654186947552

German Creatine & L-Glutamine

50:50 Blend of Creatine & L-Glutamine Powder

Creatine (Creapure® brand from Germany) & Pure L-Glutamine

May Promote Gains In:

- Power
- Strength
- Muscle Size
- Lean Muscle*
- Creatine & L-Glutamine Are Ideal For Athletes



Get the two most popular sports nutrition supplements in one convenient formula. For those who demand the best quality, we combine 5 grams of Creapure® brand creatine from Germany and 5 grams of USP grade L-glutamine per serving. There are no fillers or additives.

Short-term supplementation of creatine monohydrate has been shown to significantly increase muscular performance. It may help athletes work out at a higher intensity during resistance exercise.*

L-glutamine helps regulate cellular metabolism and serves as fuel for cells. It also regulates cell volume and is a key building block of protein and muscle.* Here's more good news about L-glutamine. A study of 9 healthy athletes reported on in the American Journal of Clinical Nutrition showed a 430% increase in growth hormone within 90 minutes of taking a 2-gram oral dose of L-glutamine after a light breakfast. Growth hormone is one of the body's most anabolic (muscle building) hormones.*

Ingredients

Supplement Facts

Serving Size 2 Scoops (10 g)

Servings Per Container 50

Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *
L-Glutamine	5 g *

* Daily Value not established.

Ingredients: Creatine Monohydrate (Creapure brand), L-Glutamine.

Directions For Use

Stir 2 level, firmly packed scoops (10 grams) of powder into 8 ounces of water or high carbohydrate drink. Take once daily. Scoop enclosed.

When to use:

Take 2 scoops right after exercise.

Drink plenty of water when taking creatine.

Miscellaneous

Only USP Grade L-Glutamine is used.

Only 100% Pure Creapure® German Creatine is used

Each batch is HPLC (High Pressure Liquid Chromatography) tested to guarantee potency and purity.

This Creatine is manufactured in Germany under U.S. Patent No. 5,719,319. This patented manufacturing process eliminates unwanted by-products often found in lesser quality creatine.

Creapure® is registered trademark of AlzChem Trostberg GmbH.

Potency – Purity – Guaranteed Quality

Storage

Store in a cool, dry place.

Does Not Contain

Fillers. Additives.

Warnings

*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.

Keep out of reach of children.

If you are pregnant, lactating, using prescription medication or under medical supervision for any condition, consult your physician before taking this or any dietary supplement.

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