

Suggested Use: As a dietary supplement, take one serving (1 scoop) with 8-16 ounces of water or suitable beverage.

As a Pre/Post Workout, it is recommended to be taken 20-30 minutes prior to exercise and again immediately after exercise. A third optional serving can be taken prior to sleep. It is suggested to continue supplementation on non-training days, evenly dividing servings throughout the day.

L-Glutamine is one of the 20 essential amino acids and is considered the most abundant free amino acid in the body. It is believed to be involved with protein synthesis and plays an important role in hydrating muscle cells. Glutamine is believed to assist in the removal of excess ammonia, a common waste product in the body. It's also believed to play a role in digestive and immune system support as these two necessary systems use glutamine as their main fuel source.[†]



PART# 82160-40051 VER 2.0 REV 07/02/2015



L-GLUTAMINE

5000mg PER SERVING

100% PURE POWDER

PROMOTES MUSCLE CELL HYDRATION[†]

SUPPORTS MUSCLE PROTEIN SYNTHESIS[†]

DIGESTIVE AND IMMUNE SYSTEM SUPPORT[†]

UNFLAVORED

80
servings

Dietary Supplement Net Wt. 400g (0.88 lb.)

SUPPLEMENT FACTS

Serving Size: 1 scoop (5g)
Servings Per Container: About 80

	Amount Per Serving	% Daily Value
L-Glutamine	5000mg	*
* Daily Value Not Established		

Ingredients: L-Glutamine Powder

Other Ingredients: None

Allergens: This product contains NO Soy, Dairy & Dairy Byproducts, Eggs, Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

WARNING: Keep out of the reach of children. Do not take this or any other supplement if under the age of 18, pregnant or nursing a baby, or if you have any known or suspected medical conditions and/or taking prescription drug(s) or OTC medication(s). Always consult with a qualified health physician before taking any new dietary supplement.

[†] These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

STORE IN A COOL, DRY PLACE. DO NOT USE OR CONSUME IF INNER SEAL IS BROKEN.

SERVING SCOOP INCLUDED (MAY SETTLE DURING SHIPPING)

Scoop inside

Lot Number

Expiration Date

Manufactured for:
Supplement Partners, LLC.
3820 W Happy Valley Rd Ste 141 - #420
Glendale, AZ 85310



For Questions or Concerns Contact Us At
Support@MuscleEmpire.com

