

AST
SPORTS SCIENCE

3g

Per Serving

125

Total Servings

20X

Particle
Micronization
Technology

GL3-750TM L-GLUTAMINE



500 CAPSULES

STRENGTH • RECOVERY • LEAN MASS

EASY-TO-SWALLOW CAPSULES

Dietary Supplement Net Wt: 750 mg

GL3-750 Micronized L-Glutamine

Micronized GL3 750TM represents a leap forward in Glutamine supplementation. **GL3 750TM** uses a state-of-the-art Particle Micronization Technology (PMTTM). Each tiny particle of **GL3 750TM** is 20 times smaller than regular Glutamine powder. This allows for ultra-fast absorption and utilization in a convenient capsule.

Glutamine is the most abundant amino acid in your body making up over 63% of the amino acid content in the amino acid pool of your muscle cells. Glutamine is key to the metabolism and maintenance of muscle tissue and acts as a primary shuttle for nitrogen from the bloodstream to inside the muscle cell. Intense training and exercise put greater demands on your body's need for Glutamine, making it a conditionally essential amino acid.

Glutamine plays a multiple role in human nutrition and is essential for the support of lean muscle tissue and immune function. †

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size: **4 capsules**
Servings per container: **125**

Amount per Serving:	%DV*
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Micronized GL3 L-Glutamine	3 grams	*
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(Not less than 98.5%)

* Daily Value not established.

Other Ingredients: Stearic Acid, Gelatin Capsule.

Recommended Use: As a dietary supplement, take 4 capsules 2-4 times daily. For best results, take 1 serving upon waking, 1 serving right before bedtime, and 1 serving before and after your workout.

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120 Capital Drive, Golden, CO 80401
1-800-627-2788

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