

Since when did fitness and nutrition become so difficult? We at IRON-TEK® have gone back to the basics and crafted a system of workout supplements to help - whether you're getting fit to look good, or getting fit to get fit. Hard work. Quality nutrition.

It's that simple.

**IRON
TEK®**
★

IRON-TEK® Glutamine Pure is crafted for post-workout. Glutamine is the most abundant "free" form amino acid in the body, and is concentrated in muscle tissue.† Intense physical exercise uses up the body's reserves of glutamine. It is simply one of the most important sport-related nutrients. A must-have for any Iron-Tekkie.

- Tested for purity by pharmaceutical standards.
- Supports muscle tissue.†
- Supports the production of glutathione (an antioxidant) in the body.†

Take alone or enjoy with one of IRON-TEK® Essential Proteins.

This product has been manufactured at a GMP registered facility.

† 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.

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TEK®**
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GLUTAMINE *pure*

A PHARMACEUTICAL-GRADE AMINO ACID POWDER

5
grams per
serving

Non-GMO

Free form
amino acid

FITS INTO YOUR REGIMEN:

Pre-Workout

✓ Post-Workout

Everyday

Certified
GF
Gluten-Free

DIETARY SUPPLEMENT
NET WT. 17.6 OZ.
(1.1 LBS) (500g)

DIRECTIONS FOR USE: Adults, mix one (1) level teaspoon (5 g) with 3/4 - 1 cup (6-8 fl. oz.)(178-236 mL) of cold water or your favorite beverage one (1) to three (3) times daily after your workout. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size One (1) level teaspoon (5 g)
Servings Per Container About 100

Amount Per Serving	% Daily Value
L-Glutamine (free form)	5 g *

* Daily Value not established.

IRON-TEK® ESSENTIAL GLUTAMINE POWDER

FEATURES:

Five (5) grams of L-Glutamine per serving.
Mixes easily without a blender.
No aftertaste.
Unflavored.

A pharmaceutical-grade amino acid powder tested for purity as per pharmaceutical standards.

JUST THE FACTS:

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE ANA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE

NO YEAST, CORN OR WHEAT
NO SOY, MILK, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

Do not accept if seal is broken.
Store in a dry place between 59°-86° F.
Keep out of the reach of children.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.



Lot No:

Best by:
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Manufactured by Country Life, LLC (Iron-Tek)
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CountryLifeVitamins.com
Product No. 13100

Get #IronTekFit.

iron-tek.com

Contents packaged by weight not volume. Some settling may occur. See container for "Lot No." and "Best by" date.