

SUGGESTED USE: As a dietary supplement, take one (1) scoop (5g) with an 8 oz. glass of water or orange juice before and after working out, or as directed by a healthcare professional.

OLYMPIAN LABS GUARANTEE:

Olympian Labs guarantees that all OL products are of the highest quality ingredients and lab assayed to ensure that what we say is on the label is actually in the product. All Olympian Labs' products are free from most allergens such as corn, yeast, barley, wheat, soy, lactose, all milk products, fish, egg products, as well as added flavorings, sugars, sweeteners, salt, preservatives, salicylates, and artificial colors and coatings. When you buy an Olympian Labs product, you can be sure you are buying the best.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.



Since  1992

Pure Crystalline Powder

GLUTAMINE

400 Grams • 80 Servings / Dietary Supplement

OLYMPIAN LABS INCORPORATED

Supplement Facts

Serving Size: One (1) Scoop (5g)
Servings Per Container: 80

Amount Per Serving:		% Daily Value*
L-Glutamine	5 g (5,000 mg)	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

CAUTION: Do not use this product if you are pregnant, nursing a baby, have ulcers, cirrhosis of the liver, kidney problems, Reye's syndrome, or any type of disorder that can result in an accumulation of ammonia in the blood.

Glutamine is found in large amounts in the muscles and is readily available when needed for the synthesis of skeletal muscle proteins. Because this amino acid helps to build and maintain muscle, supplemental glutamine is useful for dieters and bodybuilders. During times of stress, as much as one third of the glutamine present in the muscles may be released. As a result, stress and/or illness can lead to the loss of skeletal muscle. If enough glutamine is available, however, this can be prevented.*

*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.

Confused on what to take? Check yourself at:

WhatVitaminsAreRightForYou.com

Made in USA • Manufactured by:
OLYMPIAN LABS INCORPORATED
P.O. Box 12461 • Scottsdale, AZ 85267
1-800-473-5883 • www.olympianlabs.com