



**L-GLUTAMINE** - 100% INSTANTIZED L-GLUTAMINE CONTAINING FOODSTUFF INTENDED TO MEET THE EXPENDITURE OF INTENSE MUSCULAR EFFORT, ESPECIALLY FOR ATHLETES. PROVIDES 5 G LEAN L-GLUTAMINE PER SERVING. L-GLUTAMINE IS RECOMMENDED FOR ALL HARD WEIGHT TRAINING ATHLETES, ESPECIALLY THOSE DESIRING OPTIMAL MUSCLE SIZE AND STRENGTH. IT IS ESSENTIAL IN PROLONGED EXERCISE, SUCH AS ULTRA-MARATHON AND TRIATHLONS.

**INSTRUCTIONS FOR USE:** AS A FOOD SUPPLEMENT, MIX ONE TEASPOON (5G) WITH 200ML OF WATER OR YOUR FAVORITE BEVERAGE, 30 MINUTES BEFORE TRAINING. FOR MAXIMUM BENEFITS CONSUME EVERYDAY.

**STORAGE CONDITIONS:** KEEP OUT OF REACH OF CHILDREN. STORE BOTTLE TIGHTLY CLOSED BETWEEN 5-30°C (41-86°F). KEEP AWAY FROM DIRECT HEAT, MOISTURE AND SUNLIGHT. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. AFTER OPENING DO NOT STORE FOR MORE THAN 6 MONTHS.

**BEST BEFORE:** SEE THE DATE INDICATED IN THE LOT/EXP FIELD.

100% PURE MICRONIZED

# L-GLUTAMINE

THE MOST ESSENTIAL 'NON ESSENTIAL' AMINO ACID YOUR MUSCLES NEED

PREVENTS MUSCLE FATIGUE AND REBUILDS MUSCLE TISSUE

NET WEIGHT:  
**500 G**

## NUTRITION FACTS

SERVING SIZE: 1 ROUNDED TEASPOON (5 G) SERVINGS PER CONTAINER: 100

CONTENT	PER 100 G	5 G
ENERGY	1700 KJ/ 400 KCAL	85 KJ/ 20 KCAL
FAT	0 G	0 G
OF WHICH		
- SATURATES	0 G	0 G
CARBOHYDRATE	0 G	0 G
OF WHICH		
- SUGARS	0 G	0 G
PROTEIN	100 G	5 G
SALT	0 G	0 G
<b>L-GLUTAMINE</b> (AS FREE AMINO ACID FORM)	<b>100 G</b>	<b>5 G</b>

INGREDIENTS: 100% L-GLUTAMINE (AS FREE AMINO ACID FORM).



Made in EU.  
Formulated and Manufactured  
for Titanium Muscle



LOT/EXP.