



# 100% PURE GLUTAMINE

RECOVERY, PROTEIN SYNTHESIS & IMMUNE SYSTEM SUPPORT

Glutamine is an important component and building block of protein as well as playing a critical role in improving health and the functionality of the immune system. Furthermore, Glutamine plays a vital role in improving intestinal health.

According to research and study glutamine has been shown to:

- Greatly reduce the fatigue experienced during and after intense training sessions.
- Notably decrease the onset and experience of muscle soreness as a result of harsh workouts.
- Increase muscular recovery capabilities.
- Help with muscle and strength gains.



### Active Ingredient Content

Serving Size: 1 Heaped Scoop (5g)  
Servings Per Container: 60

|             | Per 5g Serving | NRV |
|-------------|----------------|-----|
| L-Glutamine | 5 000 mg       | †   |

NRV - Nutrient Reference Values for individuals older than 4 years.  
† - NRV not established

**Ingredients:** L-Glutamine.

**Allergen Information:** Contains no common allergens, but is produced in a facility that processes Whey, Casein and Egg.

CORE SERIES



**Disclaimer:** Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

AVAILABLE SIZES:  
**100g, 300g, 500g**

AVAILABLE FLAVOURS:  
**Unflavoured**