

## GLUTAMINE

PHYSIQUE NUTRITION'S GLUTAMINE POWDER PLAYS A PIVOTAL ROLE IN THE NITROGEN BALANCE IN THE BODY. L-GLUTAMINE IS AN AMINO ACID OFTEN USED BY BODYBUILDERS AND ATHLETES TO EFFICIENTLY REHYDRATE, REBUILD AND RECOVER FROM EVEN THE TOUGHEST OF WORKOUTS.

PROLONGED HIGH-INTENSITY EXERCISE HAS BEEN SHOWN TO DECREASE GLUTAMINE LEVELS, WHICH MAY RESULT IN GLUTAMINE DEFICIENCY. IT IS IMPORTANT TO REPLENISH DEPLETED GLUTAMINE LEVELS IN THE BODY. GLUTAMINE ALSO HELPS SUPPORT PROTEIN METABOLISM BY UTILIZING ITSELF AS CELLULAR FUEL IN THE MUSCLES. EACH SERVING SUPPLIES 5 GRAMS OF L-GLUTAMINE. THIS FLAVORLESS POWDER BLENDS EASILY WITH ANY BEVERAGE OR SPORTS DRINK.

**300mg**  
GLUTAMINE

\*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.

PN's manufacturer's production facility is NSF cGMP Certified

MANUFACTURED IN USA



www.physiquenutrition.net



**NEW**

# GLUTAMINE

Enhance muscle growth & recovery

Provides fuel for your workout\*

Rapid absorbed glutamine complex

UNFLAVORED

60 SERVINGS

DIETARY SUPPLEMENT  
NET WT 300G (10.5 oz)

## SUPPLEMENT FACTS

Serving size: 5g (Teaspoon)  
Serving Per Container: About 60

| Amount per serving | % Daily Value |
|--------------------|---------------|
| L - Glutamine      | 5g †          |

† Daily value not established

**DIRECTIONS FOR USE:** TAKE 1 TO 2 SERVINGS OF GLUTAMINE PER DAY. MIX ONE SERVING 5G (1 TEASPOON) IN COLD WATER, JUICE OR A BEVERAGE OF YOUR CHOICE. POST-WORKOUT OR UPON WAKING ARE THE BEST TIMES TO CONSUME GLUTAMINE FOR MAXIMUM ABSORPTION. IT IS IMPORTANT TO STAY WELL HYDRATED WHILE TAKING ANY GLUTAMINE PRODUCT.

**SUGGESTED USE:** GLUTAMINE LOADING: TAKE 1 ROUNDED TEASPOON OF MICRONIZED GLUTAMINE POWDER WITH MORNING, AFTERNOON, AND EVENING MEALS AND 1 ADDITIONAL ROUNDED TEASPOON BEFORE GOING TO BED FOR 4-5 DAYS TO HELP SATURATE YOUR MUSCLES WITH GLUTAMINE.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

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