

## THE TRUE STRENGTH OF GLUTAMINE

Glutamine is the most abundant amino acid in the body and plays an important role in muscle protein development. During prolonged periods of intense exercise glutamine levels can be depleted which may limit protein synthesis. Our Glutamine Caps are formulated to provide 1G of pure L-Glutamine per capsule.

**TRUE STRENGTH®**  
WWW.OPTIMUMNUTRITION.COM



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.



FPO UPC



748927022834

V.1.283.0914US  
6031631

1 (800) 705-5226  
TRUESTRENGTH.COM



**1G**  
L-GLUTAMINE

# GLUTAMINE 1000 CAPS

**120**  
CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 120

### Amount Per Serving

L-Glutamine	1 g*
-------------	------

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Magnesium Stearate.

MANUFACTURED BY **ON**® 975 Meridian Lake Dr.  
OPTIMUM NUTRITION Aurora, IL 60504

**DIRECTIONS:** Consume 1-2 capsules daily as part of a healthy diet and exercise program.

**WARNING:** CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

STORE IN A COOL, DRY PLACE.

**MANUFACTURED IN THE USA**  
This product contains ingredients of international and domestic origin