

PRODUCT INFORMATION

L-Glutamine represents 61 % of the amino acid pool in skeletal muscle. It is made from fermenting natural carbohydrate sources. L-Glutamine alone is responsible for 35 % of the nitrogen that enters the muscle cells.

Food supplement, 100 % L-Glutamine produced via fermentation.

INSTRUCTIONS FOR USE

Take 5 g (approximately one level 5 ml measure) and mix with 300 ml of water or fruit juice. Training days: Take one serving half an hour prior to exercise, one immediately after exercise and one before bedtime. **Non-training days:** Take three servings evenly spaced throughout the day with one being just before bedtime.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is 3 x 5 g servings per day. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. The scoop included with this product measures by volume not by weight, for precise measurements please use measuring scales. This product is sold by weight, not by number of servings.

Storage Instructions: Store in a cool dry place. Keep lid on after opening. Best consume entire product within 3 months of opening.

Best before end: See lid, side or base.



REFLEX
NUTRITION

STRENGTH & PERFORMANCE

L-GLUTAMINE

50
SERVINGS

250g e



The L-Glutamine used in this product originates from outside of the UK.

This product has been packaged in a facility which is routinely tested for banned substances. See website for details.

 **ReflexNutritionLtd**

 **@ReflexNutrition**

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