

interACTIVE  
NUTRITION™



**L-GLUTAMINE™**  
is available in 250g and 500g

# L-GLUTAMINE

LEADING THE WAY  
IN MAXIMUM  
RECOVERY

**L-Glutamine supports healthy immune function and helps to prevent the onset of over training, thereby improving exercise recovery.**

Our commitment to continuously helping you achieve maximum results has led to the most innovative and effective L-Glutamine supplement on the market; InterACTIVE Nutrition's Micronized **L-Glutamine™**.

This product is manufactured using a cutting edge processing technology called *Micronization*, which breaks up regular L-Glutamine into micro-fine powder. This new micronized structure increases solubility in liquids allowing it to be shuttled and absorbed by your muscles much faster than traditional L-Glutamine supplements!

This Maximum Performance Supplement has been specifically engineered for those looking for the fastest possible results from **L-Glutamine™**.

#### Recommended use or Purpose:

Help sustain immune system function and facilitate muscle glycogen recovery after intense exercise.

#### Ingredient Info

	Per 1 scoop (5g) powder	Per 1 capsule
L-Glutamine powder	5g	750mg

#### Powder — Direction of use:

Dissolve one scoop (approximately 5g) of L-Glutamine powder in one glass of cool water and drink immediately.

**Dose (Adults):** One scoop (approximately 5g), 1 to 2 times daily

#### Capsules — Direction of use:

Take 2 capsules, 3 times daily with a glass of water. Consult a healthcare practitioner for consecutive consumption for more than 3 months.

**Other Ingredients:** Magnesium stearate, Microcrystalline cellulose, Gelatin.

**Precautions:** Not intended for pregnant or breast-feeding women. People with health conditions should consult a healthcare practitioner before consuming L-Glutamine products.

#### L-Glutamine:

- **Faster absorption and assimilation over traditional L-Glutamine**  
Manufactured using a cutting edge processing technology called *Micronization*, which breaks up regular L-Glutamine into micro-fine crystals.
- **Quality assured**  
InterACTIVE Nutrition's Micronized **L-Glutamine™** provides your body with 5 grams of 100% Certified Pure Pharmaceutical Grade L-Glutamine per serving. Each batch is laboratory tested to ensure and guarantee potency.
- **Increases growth hormone release**  
Studies show that, under the right conditions, consuming a serving of Glutamine before bed, boosts growth hormone levels during sleep.

#### L-Glutamine benefits:

- Reduce the catabolic effect of cortisol
- Increase Growth Hormone production
- Aid in recuperation
- Support immune function
- Accelerate the fat burning process

For further information please contact InterACTIVE Nutrition at:  
[sales@InterACTIVENutrition.com](mailto:sales@InterACTIVENutrition.com) or 1-888-249-3122

**www.interactivenutrition.com**

InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market

