

interACTIVE
NUTRITION



L-GLUTAMINE

LEADING THE WAY
IN MAXIMUM
RECOVERY

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

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

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 breastfeeding women. People with health conditions should consult a healthcare practitioner before consuming L-Glutamine products.

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.

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**
- **L-Glutamine for better absorption**

For further information please contact InterACTIVE Nutrition at:
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

