

# GLUTAMINE

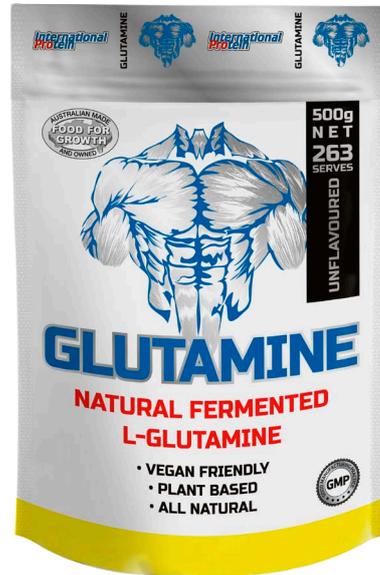
500g

263  
SERVES

UNFLAVOURED

## NATURAL FERMENTED L-GLUTAMINE

- VEGAN FRIENDLY
- PLANT BASED
- ALL NATURAL



Glutamine is the most abundant amino acid found in skeletal muscle tissue, making up about 60% of its total content, and is the predominant amino acid used during exercise. Although glutamine can be obtained from the diet, supplementation is often required to replace losses incurred during exercise / training.



Studies show that supplementing your diet and training with glutamine may improve recovery by decreasing muscle protein breakdown, increasing muscle protein synthesis and cell volume and by supporting immune system function. Glutamine may support muscle glycogen replenishment following exhaustive exercise.



International Protein's GLUTAMINE "Natural Fermented L-Glutamine", is manufactured using an exclusive natural fermentation process, followed by gentle extraction and purification to produce the purest form of L-Glutamine available. By using a fermentation process rather than a chemical reaction process, Natural Fermented L-Glutamine does not contain potentially harmful residual compounds like ammonia and methanol.



Because it's made naturally, International Protein's GLUTAMINE has a lighter odour, cleaner flavour and a less metallic aftertaste than synthetic L-Glutamine.

International Protein's GLUTAMINE is hypo-allergenic (low allergy). It is also free from gluten and animal products.

NUTRITION INFORMATION		
Servings per pack: 263	Ave qty per serve	Ave qty per 100g
Serving size: 1.9g		
Energy	32 kJ 8 Cal	1700 kJ 410 Cal
Protein	1.9 g	100 g
- L-Glutamine	1.9 g	100 g
Fat - Total	0.0 g	0 g
- Saturated	0.0 g	0 g
Carbohydrates - Total	0 g	0 g
- Sugars	0 g	0 g
Sodium	0 mg	0 mg

Available in a 500g  
re-sealable pouch

Improved muscle recovery  
Reduced muscle protein breakdown  
Supports muscle synthesis & cell volume  
Supports immune system function

**DIRECTIONS FOR USE:** Take 1.9g (1/3 SCOOP) immediately after training. For convenience, Glutamine can be added to your post-workout shake.

**INGREDIENTS:** 100% Pure Fermented L-Glutamine

**STORAGE:** Re-seal bag immediately after use. Store below 30°C away from moisture and direct sunlight.

**International  
Protein**

EST No. 2330  
**APPROVED  
FOR SPORT**

