

RECOMMENDED

Take 1-6 tablets daily between meals or immediately after training. Dissolve in warm drink or water.

INGREDIENTS

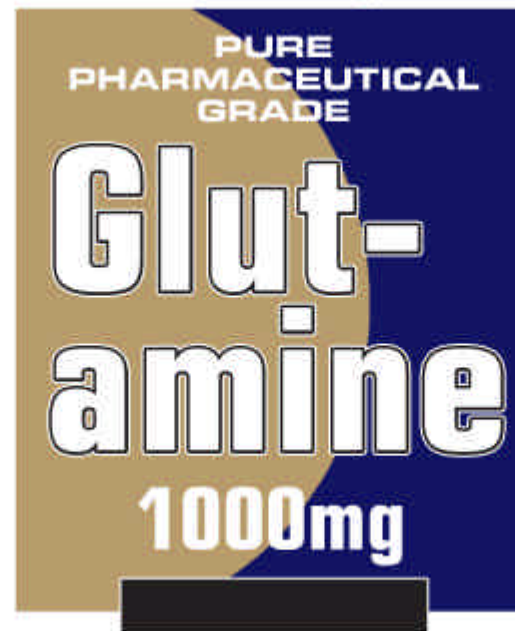
Pure L-glutamine powder. *(certificate of purity and full technical bulletin available)* microcrystalline cellulose, magnesium stearate.

Suitable for vegans and vegetarians.

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Great George Street, Wigan, Lancashire WN3 4DL, UK
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GLUTAMINE is important in muscle anabolic processes and cell volumisation. It is the most abundant amino acid in muscle tissue and carries the amino groups essential for re-growth and repair of all tissues. Glutamine levels are depleted during exercise and supplementation may prevent excess muscle breakdown.

References:

"The emerging role of Glutamine as an indicator of exercise stress and overtraining," DG Rowbottom, Sports Medicine, 2-12 (1996): 80-97.

"Increased Plasma Bicarbonate and Growth Hormone after oral Glutamine load," Am J Clin Nutr 61 (1995): 1058-1061.

"Amino Acid transport, cell volume and regulation of cell growth," Mammalian Amino Acid Transport, D Haussinger, Plenum Press 1992.