

## THE BIGGER PICTURE OF GLUTAMINE

Glutamine is the most abundant amino acid in the body and plays an important role in muscle protein development. During prolonged periods of intense exercise, glutamine levels may be depleted faster than the body can replenish them, which limits protein synthesis and can even encourage muscle breakdown.† Our Glutamine Powder is a simple way to supplement your diet with this key amino acid. Just one teaspoon of Glutamine Powder provides more glutamine than 5 jumbo eggs, 4 oz. of lean beef, 3/4 cup of soybeans, or a chicken breast. Better yet, our Glutamine Powder is unflavored and it mixes easily, so that it can be added right into your protein, meal-replacement, and weight-gainer shakes.

†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Carefully Manufactured  
in the  by: 

Sunrise, FL 33325  
Consumer Affairs  
(630) 236-0097  
optimumnutrition.com  
©2007 OPTIMUM NUTRITION, INC.

THE BIGGER PICTURE™  
WWW.OPTIMUMNUTRITION.COM



UNFLAVORED

# GLUTAMINE POWDER

5,000 MG

GLUTAMINE SUPPLEMENT



NET WT. 1000 G (35.2 OZ.)

## Supplement Facts

Serving Size 1 Rounded Teaspoon (5 g)  
Serving Per Container 200

### Amount Per Serving

L-Glutamine 5 g\*

\* Daily Value not established.

OTHER INGREDIENTS: None

**DIRECTIONS:** Mix one rounded teaspoon of Glutamine Powder with 8 oz. water or your favorite beverage.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE, PREGNANT OR NURSING A BABY OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.



016-117-70