

Anti-Catabolic Amino Acid\*

MET-Rx L-Glutamine is a powerful fuel for your muscles and supports recovery from hardcore workouts\*.

- L-Glutamine is vital for the proper functioning of the immune system\*
- Glutamine is a crucial component of muscle cells\*

**MET-Rx - L-Glutamine Powder -1.1 lb.(500g) - 2.2 lb. (1000 g)**

<b>Supplement Facts</b>		
<b>Serving Size: 1 Scoop (6 g)</b>		
<b>Servings Per Container: about 83 - 167</b>		
	<b>Amount Per Serving</b>	<b>%DV</b>
Calories	25	
L-Glutamine	6,000 mg (6g)	**
** Daily Value not established.		

**Suggested Use**

For adults, mix one (1) rounded scoop (6g) into 4-8 ounces of water or your favorite beverage one to two times daily. On work-out days, consume two (2) servings immediately after exercise. As a reminder, discuss the supplements and medications you take with your health care providers.

**Warnings**

If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occurs. Not intended for use by persons under the age of 18.

Keep out of reach of children.

\* 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.