



Net Weight 400g
per sachet

Glutamine

UNFLAVOURED

- 1 Aids the immune system
- 2 Stimulates protein accretion
- 3 Promotes muscle recovery
- 4 Promotes a healthy gut



Directions and usage:

Mix 1 level scoop (5g) in 150ml of water, juice or with your regular shake.

Take 1 - 2 servings per day. Take 1 serving immediately after exercise and / or 1 serving 30 minutes before exercise.

Warnings:

Not suitable for persons under 16 years of age. Please consult your doctor prior to use if you have a medical condition.

If pregnant or lactating please consult your doctor prior to use. Keep out of the reach of children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a balanced and varied diet.

Suitable for:

Vegetarians, Vegans and Halal

Storage & best before:

Store in a cool dry place out of direct sunlight. For best before end date see back.

