



# 100% PURE GLUTAMINE



PROLINE's Pharmaceutical Grade **100% PURE GLUTAMINE™** is the most abundant amino acid in the body comprising more than 60% of the free amino acid pool in skeletal muscle & greater than 20% of total circulating amino acids. After training, you deplete your glutamine concentrations by 40% triggering muscle catabolism, Glutamine counteracts this & helps you repair muscle cells quickly & maintains optimal muscle function. L-Glutamine may help reduce muscle soreness & rebuild muscle tissue.

#### Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillerée (5,0 g)  
Servings Per Container: 200 / Portions par contenant : 200


Amount / Quantité	per 1 Scoop (5.0 g) / par 1 cuillerée (5,0 g)	per 100g / par 100 g
<b>Vegan Fermented Glutamine</b>	<b>5.0 g</b>	<b>100.0 g</b>

**SUGGESTED USE:** Mix 1 scoop of **100% PURE GLUTAMINE** mixed in 250ml of water or your favorite beverage 2 times per day. It is recommended that you drink plenty of water or performance beverage such as **PROLINE BCAA Stack** or **Vegan BCAA**.

**UTILISATION SUGGÉRÉE :** Mélanger 1 cuillerée de **100% PURE GLUTAMINE** dans 250ml d'eau ou de votre breuvage préféré 2 fois par jour. Il est recommandé de boire abondamment d'eau ou breuvage qui aide à la performance, tel que le **PROLINE BCAA Stack** ou **Vegan BCAA**.

**RISK INFORMATION:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are following a low protein diet.

**INFORMATIONS SUR LES RISQUES :** Consulter un professionnel de la santé avant d'utiliser si vous êtes enceinte ou allaitez. Consulter un professionnel de la santé avant d'utiliser si vous suivez un régime à basse teneur en protéines.

 100% PURE GLUTAMINE- UNFLAVOURED  
1KG: 70019900213-6