

# L-GLUTAMINE

Food supplement. Powder with L-glutamine.

**Ingredients:**

L-glutamine (100 %)

Average nutritional values	per 100 g	per daily serving (10 g)
<b>Energy</b>	1669 kJ 399 kcal	167 kJ 40 kcal
<b>Fat</b> of which saturates	0 g 0 g	0 g 0 g
<b>Carbohydrates</b> of which sugars	0 g 0 g	0 g 0 g
<b>Protein</b>	0 g	0 g
<b>Salt</b>	0,13 g	0,01 g
<b>Other substances</b>		
<b>Amino acids</b> L-Glutamin	100 g	10 g

**Use:**

Stir 5 g of powder [= ½ measuring spoon] into 100 ml of water for one serving. Take the drink directly after the preparation. Take 2 servings [= 10 g] per day. The use after your training is especially recommended.

**Important information:**

Do not exceed the stated recommended daily dose. Keep out of reach of young children. This product should not be used as a substitute for a varied and balanced diet.

**Contents:** 500 g [= 100 servings]