

Recommended use*: Take 5g (approximately one level measure*) and mix with 300ml of water or fruit juice.

*recommended use based on a 75kg male.

*a measuring scoop is included in this container but may settle to the bottom during transit.

Training days: Take one serving half an hour prior to exercise, one immediately after exercise and one before bedtime.

Non training days: Take one serving three times daily evenly spaced throughout the day, with one serving before bedtime.

Ingredients: L-Glutamine (fermentation grade).

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy balanced diet not as a substitute for such. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. Do not exceed stated dose.

Store in a cool dry place away from direct sunlight.



Best Before: See Side

reflex®

L-glutamine
micronised for easy mixing

food supplement

100
servings

500ge

L-Glutamine is the most most abundant single amino acid in the blood and in the intracellular free amino acid pool (most abundant amino acid in muscle tissue). It represents 61% of the amino acid pool in skeletal muscle. L-Glutamine's unique structure, containing two nitrogen side chains, consists of 19% nitrogen - making it the primary transporter of nitrogen into the muscle cell. L-Glutamine alone is responsible for 35% of the nitrogen that gets into the muscle cell.

L-Glutamine concentrations fall markedly after physical training and remain low until complete recovery. This fall in L-Glutamine is catabolic to muscle tissue. Supplementing with L-Glutamine spares free L-Glutamine in muscle tissue, counteracts the fall in muscle protein synthesis and improves nitrogen balance.

Environmental statement

All Reflex Nutrition facilities are powered by 100% green renewable electricity. The container and lid used for this product are made from HDPE which is widely recyclable.

Made in the UK by:

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Please recycle

