

L-Glutamine Complex Gold

DIETARY SUPPLEMENT



What is L-glutamine?

L-glutamine is the most common free amino acid in our muscles. It is a semi-essential amino acid, which means that it is necessary in some cases to obtain this amino acid from food. L-glutamine occurs naturally in various products, including meat, dairy products, eggs, tofu, sweetcorn, and beans.

L-Glutamine Gold has a neutral flavour, which makes it ideal to take with water or another drink.

Who could benefit from L-glutamine?

L-Glutamine Gold can be used by all types of athletes. Under normal circumstances, the body itself can produce enough L-glutamine, but with intensive or prolonged exercise, more L-glutamine is used than can be produced. In this case, you depend upon your diet to provide you with sufficient L-glutamine. At times like these, you can take L-Glutamine Gold to support the recovery of your muscles. It is also difficult at times for the body to produce enough L-glutamine during periods of illness.

NZVT Certified

L-Glutamine Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. L-Glutamine Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Dissolve one level measuring scoop (5 grams) in water or another drink and drink immediately after exercising. If necessary, drink another dose two hours after exercising. You could also combine L-Glutamine Gold with Whey Classic Gold or Whey Recovery Gold to obtain all the amino acids you need in one go for optimal muscle recovery.

Health Claims

- 5 grams of L-Glutamine per dose
- Most common amino acid in muscle tissue
- Semi-essential amino acid
- Ideal for during or after exercising
- Fast replenishment of glutamine

Composition per dose (level measuring scoop)			
Ingredient	Quantity	% RI	Compound
L-Glutamine	5000 mg	*	
Betaine	500 mg		
RI = Reference intake / * RI not determined			

The amino acids in this product meet stringent quality requirements.



SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

