

Instructions for use: Take one scoop (approximately 5g) with 300mls of water or juice.

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

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

Ingredients: L-Glutamine.

Store in a cool dry place.



reflex[®]

L-Glutamine

micronized for easy mixing

100
servings

Net Weight 500gm e

Best Before: See Side

Glutamine is the 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. Glutamine's unique structure, containing two nitrogen side chains, consists of 19% nitrogen - making it the primary transporter of nitrogen into the muscle cell. Glutamine alone is responsible for 35% of the nitrogen that gets into the muscle cell.

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

Made in the U.K by:
Reflex Nutrition Ltd,
Units 1 & 2 Stockwell Lodge,
121-131 Conway Street,
Hove, BN3 3LA

www.reflex-nutrition.com