

L-GLUTAMINE



Glutamine is the most abundant amino acid found in muscle tissue. Glutamine accounts for over 60% of all amino acids found in skeletal muscle tissue.

During times of strenuous exercise, Glutamine gets greatly depleted. Your body can only produce a certain amount of Glutamine so this makes it conditionally essential.

Glutamine plays a very important role in protein synthesis, anti catabolic functions and elevates growth hormone levels. Glutamine also is a key factor in digestive health.

L-Glutamine is ideal for anyone involved in strenuous exercise or looking to optimize protein synthesis and digestive health.

Take one - two servings (5grams – 10 grams) of L-Glutamine twice per day.

Nutritional Information

Typical Values	Per 100g	Per 5 g
Energy	0 kJ 0 kcal	0 kJ 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0 g	0 g
Fibre	0 g	0 g
Protein (dry basis)	0 g	0 g
Salt	0 g	0 g
L-Glutamine	100 g	5 g

NXT NUTRITION