



GLUTAMINE

- Fermentation Derived Glutamine
- Increases Recovery*
- Improves Immune Function*



L-GLUTAMINE (Free-Form)



ALLMAX Glutamine uses Glutamine crystals made from a natural fermentation process. This state-of-the-art process creates a unique, purified and isolated Glutamine ideal for supplementation.

Glutamine is the most abundant amino acid found in muscle tissue. During times of stress, including exercise and athletic events, Glutamine is one of the first amino acids to be oxidized. Supplementation with Glutamine may help to support muscle Glutamine levels, prevent muscle tissue breakdown and increase recovery.*

Glutamine also helps to diminish catabolism caused by an increase in the stress hormone cortisol, which is elevated during exercise. A recent study conducted on the effects of glutamine on the muscle found that it actually blocks the action of cortisol's interference with muscle protein synthesis and repair. This study shows that glutamine can provide an anti-catabolic effect. It can minimize the amount of muscle breakdown and can be particularly helpful when consumed after working out, when catabolism is at its peak.



THE GLUTASURE™ ADVANTAGE:
ALLMAX Glutamine uses a proprietary hyper-particulation process called GLUTASURE™ technology. GLUTASURE™ is a pressure driven ceramic membrane process that:

- 1) Decreases Glutamine particle size
- 2) Increases Glutamine suspension time in liquid
- 3) Speeds Glutamine absorption into the bloodstream*

Supplement Facts

Serving Size 1 Scoop (5 g)
Servings Per Container 80

Amount Per Serving	% Daily Value
L-Glutamine (Free-Form) 5 g	†

† Daily Value not established.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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ALLMAX
PROFESSIONAL GRADE SUPPLEMENTS

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