

## **GLUTAPURE POWDER**

Serving Size: 5g

200 servings

Supplement Facts:

Amount per serving: L-glutamine 5g

Directions: As a dietary supplement, take one serving (5g, approx one level teaspoon) mixed in 150ml (~5 oz) of water or fruit juice, two to three times a day, evenly spaced, or on an empty stomach. On training days, take one serving immediately after training.