

L-Glutamine 100% Pure

Free amino acids

Product description

With 61 % glutamine is the most common amino acid found in free form in the body. Basically the muscle cells can produce glutamine by themselves, but during physical activity, it can happen that this production is not sufficient. In this case a supplementation is recommended. For this reason it is also considered as a semi essential nutrient.

The body seeks for all sources of energy during intensive trainings. It often happens that the organism does not have enough nutrients at disposal and is forced to fall back on the muscle mass. In doing so, glutamine plays a decisive role in the production of energy from the proteins. Moreover glutamine promotes the glycogen storage in the muscle cells and is thus an essential component of high-qualitative regeneration products. In the long term, the immune system can be strengthened by the antioxidative and anti-inflammatory effects.

Power sportsmen profit from the transportation properties of glutamine. Due to its chemical structure, glutamine is building connections with other amino acids. Glutamine links other amino acids, transports them to the required places in the muscles or in the body and releases them again. This enables a more consistent muscle build-up. Besides, glutamine decreases the protein reduction after physical activities (anti-catabolic properties). Glutamine also binds the free water in the body cells and the musculature looks more compact and more defined.



Advantages

- Pure L-glutamine – free amino acids without by-products
- Can be used in power sports and in endurance sport for the regeneration and the constitution of the muscle mass
- Free of gluten, lactose and milk proteins; 100% vegetable

Utilisation

To support the regeneration and the muscle mass build-up right after the training. To be added to beverages or food.



Ingredients

L-glutamine as free amino acids.

Packaging / nutrition facts

Box of 350 g

nutrition facts	per 100 g	per 8 g
energy kJ (kcal)	1700 (400)	136 (32)
proteins	100 g	8 g
carbohydrates	0 g	0 g
fat	0 g	0 g