



Optimum Nutrition Glutamine Powder 630g can



You train hard, really hard. The last thing you need is unintended downtime counteracting your efforts. Protect your effort with glutamine. This conditional and essential amino acid accounts for about 50% of your total amino needs, which makes it the richest amino acid in the body. Therefore, keep your supply well stocked, especially during the winter months and for times when you push yourself to the limit.

CHF 51.90

Advantages

- High quality
- No extra fillers
- Easy to mix
- L-Glutamine
- Zero carbohydrates, fats and sugar
- super price/performance ratio

Preparation and dosage

Dissolve 1 - 2 servings daily (5 g each = 1 coffee spoon) throughout the day at mealtimes in a little water or fruit juice.

Ingredients

100% Pure L-Glutamine (Amino Acid)

Packaging unit: 1050g can

Flavor: neutral