

## Ingredients

L-glutamine

## Usage

**Serving Size** 1 teaspoon (5g)

**Suggested Use** Adults take 1 teaspoon (5g) daily, away from meals. For best results mix in a glass of water or other low acid, low fat beverage. Do not exceed recommended daily intake

**Servings Per Container:** 30 (x5g) servings

**Storage:** Store in a cool, dry place