Product Description	L GLUTAMINE 250G
Ingredients List	100% pure L-glutamine produced via a fermentation process
Allergen Statement	Suitable for vegetarians and vegans. Gluten, wheat, GMO free
Net Quantity	250g
Storage Instructions	Store in a cool dry place
Instructions for Use	Training Days: take one (1) serving (approx. 1 level scoop, 5g) mixed into 250mL water 30 minutes prior to exercise, one (1) serving immediately after exercise and one (1) serving before bed. Non-Training Days: take one (1) serving (approx. 1 level scoop, 5g) mixed into 250mL water upon waking, one (1) serving during the day and one (1) serving before bed.
Origin/Provenance	UK
Nutrition Information	100% pure L-glutamine produced via a fermentation process 5g
Nutrition Claims	
Health Claims	
Marketing Claims	
WARNINGS	WARNING: DO NOT exceed three servings (3 scoops/15g) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Essentials Glutamine is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store in a cool, dry place away from strong light and odours. Store out of the reach of children.