

L-Glutamine is the most abundant free amino acid found in your muscles. Glutamine serves many purposes in the body, one of the most important for you is protein synthesis, which then helps to increase muscle mass. Glutamine prevents muscle wasting and improves protein metabolism. It helps maintain a strong immune system, and an efficient digestive tract. Glutamine also helps you recover from a hard workout faster and even lowers systemic pH, which may increase the intensity of any training session. Glutamine will help keep you healthier; it may prevent muscle tissue damage and will keep you charged up for those extended workouts! Glutamine Chewies are so convenient, you can enjoy them in 3 delicious flavors. You'll want to have a bottle in your gym bag at work or home.

We are with you all day long

Combine Glutamine Chewies with Betancourt Nutrition's Whey Protein Formula, Creatine and Joint Support and Ripped Juice Metabolic Enhancer to rev up your body's metabolism and maximize your body's muscle building power.

CAUTION: Glutamine is not recommended for individuals with liver or kidney disease or persons with Reye's Syndrome or any disorder that causes ammonia accumulation in the blood. Pregnant or lactating women must consult their doctor before taking this or any other kind of supplement.

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TROPICAL SPLASH

BETANCOURT™
NUTRITION

GLUTAMINE

CHEWIES

DIETARY SUPPLEMENT

FOR MUSCLE RECOVERY

PREVENTS WASTING & OVERTRAINING



TABLETS



JORGE BETANCOURT



SUPPLEMENT FACTS

Serving Size: 4 tablets
Servings Per Container: 30

Amount Per Serving		%Daily Value*
Calories	40	
Total Carbohydrate	6 g	3%
Sugars	1.5 g	
Sodium	0	<1%
Carbohydrate Complex	4.5 g	**
Glutamine	4000 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other ingredients: Stearic Acid, magnesium stearate, flavor, FD&C yellow #6, N&A flavors, sucralose.

RECOMMENDED USE: Take Glutamine Chewies if you are involved in any intense physical activity, undergoing any kind of stressful event or even if you are trying to fight off a cold or disease. Chew 4 tablets 30 minutes before training. For elite athletes take one serving before and one serving immediately after training with 8 oz of water to ensure delivery. On non-training days distribute dosage throughout the day.

Manufactured exclusively for
Betancourt Nutrition, Inc.
www.BetancourtNutrition.com
1-800-443-4153



DEDICATED TO YOU

120 TABS

DEDICATED TO YOU

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