

PRODUCT INFORMATION

GLUTAMINE 320



Basic Functions: Muscle growth, Recovery, Immune Function, Anti-Catabolic, Brain Fuel.

Gen-Tec Nutrition source and blend the highest quality pharmaceutical grade L-Glutamine. We are privy to possibly the world's finest (up to 320 mesh size) free form powdered L-Glutamine. We can also boast the lowest impurity content of our naturally derived L-Glutamine product. In fact our 'Pharmaceutical' manufacturer use an '18 stage' natural fermentation and filtration process. These two factors contribute to bio-availability and absorption (not solubility in water). L-Glutamine requires no carriers to enter the bloodstream or muscle cells. L-Glutamine is the most abundant amino acid in muscle tissue comprising about 60% of the free amino acids in the blood and muscles. It is also very abundant in the immune system.

L-Glutamine stores are depleted dramatically during any form of high intensity training (i.e. weight training, cycling, running etc) through the "glucose alanine cycle". This in turn, decreases strength, stamina and recovery. Research demonstrates that following a rigorous workout it may take up to six days for Glutamine levels to return to normal without supplementation. Low levels of Glutamine can cause muscle breakdown, overtraining syndrome as well as suppression of the immune system and an increased risk of infections that typically affect competitive athletes during intense training and competition.

Under conditions of metabolic stress (i.e. dieting), the body's need for glutamine may exceed its ability to produce adequate levels, meaning that supplementation is required to prevent catabolism of muscle (the primary source of stored glutamine in the body).

Significant amounts of scientific literature exist to support the beneficial effects of glutamine supplementation. Supplementation with L-Glutamine helps restore levels in muscle, providing an anabolic environment and muscle growth. When consumed before and during intense anaerobic exercise L-Glutamine may help to reduce catabolism (muscle breakdown) . It will also restore health and integrity of the immune system, preventing overtraining syndrome. Glutamine also increases cell volumisation (like creatine but to a lesser extent). Volumised cells appear larger, get a better pump and assist in protein synthesis. In fact, Glutamine helps muscle cells to utilise both protein and carbohydrates more efficiently. L-Glutamine combines very well with micronized creatine to aid recovery and increase lean muscle mass.

For best results use:

Upon rising:	5g
20 mins before training:	5g
During training	5g
Immediately after training:	5-10g (added to your post-training shake)
Before bed:	5g

Sizes available : 50g, 300g, 500g and 1 kg



100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!

Nick Jones, Mr Australasia, Mr Australia, Mr World

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