

Information nutritionnelle moyenne: 1 dose 5g (1 mesure)
Portions: 100

Average nutritional information: 1 serving 5g (1 scoop)
Servings : 100

Información nutricional media: 1 dosis de 5g (1 dosificador)
Porciones: 100

Informação nutricional média: 1 dose 5g (1 doseador)
Doses: 100

Par/for/ Por	5 g	AJR/RDA/ CDR/ DDR
Vitamina B6	0.1 g	9 %
L-Glutamine	4.5 g	-

Glutamine is the most abundant free amino acid in muscle tissue. This is why the ingestion of L-Glutamine is crucial, especially for individuals who have a very tiring training for their muscle fiber. This unconditional necessity of L-Glutamine can be fulfilled by the consumption of food or food supplements.