

L-GLUTAMINE

WHO WOULD USE L-GLUTAMINE

Anyone looking for additional recovery benefits after exercise or to improve gut health.

HOW THE PRODUCT WORKS

Glutamine is the most abundant amino acid in muscle tissue. It represents 61% of the amino acid pool in skeletal muscle. It is classified as a semi-essential or conditionally essential amino acid. This means that under normal circumstances the body can synthesize sufficient L-glutamine to meet physiological demands. However, when the body is subjected to intense exercise the body's production cannot keep up.

So what benefits does supplementing with L-glutamine have for the gym goer? Research shows that after an intense workout, glutamine levels in the body are reduced by as much as 50% and remain low until completely recovered. This fall in glutamine potentially puts the body in a catabolic state (muscle breakdown). Supplementing with L-glutamine spares free glutamine in muscle tissue and therefore counteracts the fall in muscle protein synthesis. The end result is a shorter recovery time with a decrease in delayed onset muscle soreness (DOMS). Apart from its recovery properties there is also a wealth of research that backs up the use of L-glutamine for immune system support.

AVAILABLE OPTIONS

Size: 250g (50 servings per container).

WHY IS REFLEX L-GLUTAMINE BETTER THAN THE COMPETITION?

Reflex only use fermentation grade L-glutamine which is the finest quality available.

As the majority of people are not aware that L-glutamine is available in two different grades, many other supplement companies use chemically derived L-glutamine which in our opinion is of lesser quality and most definitely the cheaper alternative.

Fermented L-glutamine has a purer colour, has virtually no odour and can be clearly differentiated from chemically produced L-glutamine due to its fibrous, rather than powder texture. A product which is free from impurities and delivers maximum results.



THE REFLEX CHALLENGE

Does your L-Glutamine meet the following checklist?

- › Highest quality fermentation grade
- › Made to ISO9001 standards
- › Manufactured in an Informed-Sport registered facility
- › Full money back guarantee.

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