

# L-Glutamine POWDER

THE BEST GLUTAMINE POWDER OF THE MARKET (KYOWA®)

NEUTRAL

- Pure L-Glutamine powder
- 100% L-Glutamine Kyowa® Quality
- Indicated for endurance and strength athletes
- Allergens Free
- Suitable for Vegans



The **L-Glutamine Powder Kyowa®** from Crown Sport Nutrition is the highest quality powder glutamine on the market, with neutral taste and easy intake.

L-Glutamine, is the most abundant free amino acid in the skeletal muscle and blood. Although it can be synthesized by the body from glutamate and branched chain amino acids, its needs are increased in situations of high metabolic demand as occurs during physical training.

Oral intake of L-glutamine in the form of a supplement increases its absorption compared to when it is consumed in the usual foods (meat, chicken, fish, etc).

### Its supplementation would help to:

- Counteract post exercise immunosuppression after intense and prolonged sessions.
- Improve cellular hydration acting in synergy with creatine.
- Attenuate catabolism, promoting muscle growth.
- Recover glycogen levels.
- Improve the absorption of nutrients through the intestine.

Its flavor is neutral so that it can be mixed with any drink without altering its taste and its solubility is perfect.

And like all Crown Sport Nutrition® products with the highest quality.

**Ingredients:** Ultrapure L-glutamine (100% Kyowa® Quality).

**Instructions for use:** take 1 scoop (2 g) at breakfast, lunch and dinner (3 scoops in total). For greater comfort, take the 3 scoops (6 g) before sleeping. For people over 70 kg, add 1 more scoop per day (8 g). Mix with water or other drinks.

**Available formats:** Tin of 240 g.

### NUTRITIONAL INFORMATION

Per serving of 6 g (3 scoops)

Per serving of 8 g (4 scoops)

L-Glutamine

6,0 g

8,0 g