

L-Glutamin 500 g



pure L-Glutamin in powderform
Minimum order: 10 bottles

Rating: Not Rated Yet
Price

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Description

L-Glutamin is with apx. 20% the most prominent amino acid in the human body. Under certain circumstances, the body cannot produce enough L-Glutamin and is relying on external sources.

After strenuous physical activities, the L-Glutamin level in the body drops dramatically and it take the body several hours to fully recover from that drop. Often, the relaxation phase between activities is to short for the Glutamin level to go back to normal which could lead to a severe Glutamin deficiency-

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