Glutamine, the power supplement

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Glutamine is the most abundant component of our muscles. Muscles are composed of protein, and protein is composed amino acids, 50% of which is glutamine.

Our body is able to produce this substance by transforming it from different amino acids, but this capacity is reduced under stress situations which will lead to the risk of losing muscle mass. We therefore recommend supplying your body with glutamine supplements.

1 / 1