OneVision. Supplements





L-GLUTAMINE



OVS pure l-glutamine

OVS | Premium Quality Pure L-Glutamine is dosed with a generous 5000mg of this High-Quality amino acid per serving so you can reach your health and fitness goals faster. Studies have demonstrated that OVS Pure L-Glutamine is a safe and natural supplement which aids in supporting the health of the lungs, heart, liver, gastrointestinal tract, immune cells and kidneys. Bodybuilders and athletes alike recognize the benefit of glutamine supplementation to help rebuild muscle after strenuous exercise. By supplementing with L-Glutamine, they are able to promote faster recovery times following intense training sessions while also stimulating protein synthesis within their muscles. Not only is it safe, but L-Glutamine supplementation stands out among fitness fanatics as one of the most popular and effective supplements. It has been widely regarded over time to be a powerful aid in building muscle mass. Here at OVS, we use premium quality ingredients and strict production standards across our entire products range for those seeking and demanding only the best in sports nutrition and supplementation.

THE OVS DIFFERENCE.



What is L-Glutamine?

L-Glutamine is an essential nutrient that plays a key role in many metabolic processes, including providing fuel for cells and maintaining healthy muscles. It has been found to be especially important for athletes looking to build muscle and improve athletic performance. Additionally, research suggests that glutamine can help athletes reduce fatigue and muscle soreness after exercise.

L-Glutamine offers a number of benefits

The advantages of L-Glutamine are aplenty. From providing gastric and immune system support, to treating leaky gut and ulcers, it's an indispensable health supplement. Not only that, but its capability in improving brain function is commendable as well! It can also help alleviate the symptoms of IBS and diarrhea-- perfect for athletes who require high levels of performance - plus decrease muscle wasting and improve your metabolism rate & heart health. For those looking for improved athletic performance & faster recovery from endurance exercise sessions, you'll be glad to know that L-Glutamine has got your back too!



The science behind OVS Pure L-Glutamine

**Study:** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266414/

The study concludes that “L-Glutamine supplementation can lead to increases in lean muscle mass, including health benefits to the vital organs” among many.

#### Supplementing with L-Glutamine has been consistently linked to improved health and physical performance.



Who is OVS Pure L-Glutamine best suited for?

#### L-Glutamine is an optimal supplement for those taking part in bodybuilding, high intensity workouts or any form of physically demanding sport. It also provides excellent immune support to individuals who are immunocompromised. Despite limited research, there have been studies that suggest l-glutamine has remarkable weight loss benefits as well!

This product may also be used as part of a calorie deficit diet to lose weight.



Important dosage information

#### If you're looking to heal your gut, glutamine is an excellent option. Just 5-10g can be incredibly beneficial in restoring the health of your digestive system. Poor gut permeability has been linked with chronic inflammation throughout the body - so don't underestimate a little bit of glutamine!



THE OVS DIFFERENCE

In order to ensure utmost customer satisfaction, we pride ourselves on a service that is based on high-end products. We are able to keep our quality high because we rely on three cornerstones: tailored manufacturing, raw ingredient traceability, and laboratory tested supplements. Our business is committed to maintaining the strictest quality control standards and we ensure all of our products are 100% exact to specification.



Directions & Ingredients

Directions

Mix one 5000-mg serving with 250mL of water or juice until fully dispersed. Consume two to three times per day (morning, pre & post workout) for optimal results.

Ingredients: Pure pharmaceutical grade L-Glutamine.



