

dotFIT Muscle Defender



Supplement Facts

Serving Size 5.4g (1 level scoop)
Serving Per Container: 70

	Amount Per Serving	% DV*
Magnesium (as magnesium glycinate glutamine chelate)‡	34 mg	9%
Chromium (as chromium nicotinate glycinate chelate)‡	150 mcg	125%
L-Glutamine	5 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**% Daily Value not established.

Who is this for?

- Intense exercisers looking for immune system support and increased muscle protein synthesis and recovery, especially during periods of caloric restriction.

What makes this product unique?

- It contains 5 grams of L-glutamine combined with magnesium and chromium, making it the most stable form of glutamine available.
- Clinical tests have shown using this combination of ingredients can elevate muscle glutamine levels above baseline for 90 minutes (perfect time for workouts!).
- NSF Certified for Sport for purity, potency and label accuracy

How should I take this?

- Mix one (1) scoop with 8 oz. of water or your favorite beverage. On training days, consume half before workouts and the other half immediately after.
- For maximum results use an additional scoop 15-30 minutes before bedtime.

