



## DOSAGE GUIDELINE CHART

### L-GLUTAMINE

#### LOADING AND MAINTENANCE DOSAGE GUIDELINES

LEAN MASS		MALE		FEMALE	
LBS	KG	LOADING	MAINTENANCE	LOADING	MAINTENANCE
80	36	18 gm	5-9 gm	15 gm	4-8 gm
90	41	21 gm	5-10 gm	17 gm	5-9 gm
100	45	23 gm	6-11 gm	19 gm	5-10 gm
110	50	25 gm	6-13 gm	21 gm	6-11 gm
120	55	28 gm	7-14 gm	23 gm	6-12 gm
130	59	30 gm	7-15 gm	25 gm	6-13 gm
140	64	32 gm	8-16 gm	27 gm	7-14 gm
150	68	34 gm	9-17 gm	29 gm	7-15 gm
160	73	37 gm	9-18 gm	31 gm	8-16 gm
170	77	39 gm	10-19 gm	33 gm	8-17 gm
180	82	41 gm	10-21 gm	35 gm	9-17 gm
190	86	43 gm	11-22 gm	37 gm	9-18 gm
200	91	46 gm	11-23 gm	39 gm	10-20 gm
210	95	48 gm	12-24 gm	40 gm	10-21 gm
220	100	50 gm	13-25 gm	43 gm	11-22 gm

125 mg - 250 mg / kg / Lm (M) • 110 mg - 220 mg / kg / Lm (F)

Loading phase is optional (ten days)

For best results, take one serving after exercise and one serving before bedtime  
(as a general rule, do not consume more than 5g per serving)