



GLUTAMINE SELECT is a uniquely advanced formula used by natural physique athletes to maximize muscle recovery and building (anabolism), and help reduce exercise-induced muscle soreness.

**SCIENCE SUBSTANTIATED: SUPERCHARGE YOUR RECOVERY
ADVANCE YOUR MUSCLE-BUILDING**

Before Beverly launched **GLUTAMINE SELECT**, research pointed to the fact that reloading the body with both glutamine and the branched chain amino acids (leucine, isoleucine, valine) caused dramatically positive results. Armed with that data, **Beverly** created a “tonic” that could “theoretically” optimize any hard-training athlete’s recovery and muscle building machinery - and do it quickly.



AMPLIFY YOUR STRENGTH, GET MORE REPS, AND QUICKEN YOUR RECOVERY

Scientists examined the effects of adding the precise amounts of glutamine AND the branched chain amino acids found in **GLUTAMINE SELECT**. Sixteen subjects, all experienced weight trainers, were divided into two groups. Each group followed a similar diet, including a 40-gram daily serving of whey protein and a supervised weight training program for ten weeks. The only difference was one group received a daily dose of the ingredients in **GLUTAMINE SELECT** - 5 grams L-Glutamine and 3 grams BCAAs (1500 mg of L-leucine, 750 mg of L-isoleucine and 750 mg of L-valine).

Precise data was measured and recorded on each participant, including body composition and strength. Ten weeks later, the results were astounding. On average, subjects in the Glutamine and BCAAs group showed levels of improvements more than double those of the control group on both the bench press and leg press. They also increased lean body mass by an average of 2.6 lbs more than the control group. Besides the increases in lean body mass and strength the group also experienced improved recovery post training. (Colker (2000). *Curr Ther Res* 61:19.)

Think about it! Training and nutrition were controlled in the study; the results of adding glutamine and free forming crystalline BCAAs in a precise formulation spoke for itself! Is there any reason using this same Beverly formula, (simply named **GLUTAMINE SELECT Plus BCAAs**), couldn't give you the same kind of dramatic results?

HERE'S HOW GLUTAMINE SELECT CAN BENEFIT YOU

- Pre-, During & Post-workout or cardio to supply energy & stop muscle breakdown
- Weight Management: Greater retention of lean muscle on weight/fat loss diets
- Reduction or prevention of muscle soreness and faster recovery
- Between meals to sustain blood sugar and reduce cravings

GLUTAMINE SELECT
Clinically Dosed Glutamine + BCAAs
for Muscle Recovery & Anabolism

Supplement Facts		
Serving Size: 1 scoop (9.2 g)		
Servings Per Container: 60		
	Amount Per Serving	%DV
L-Glutamine	5000 mg	**
L-Leucine	1500 mg	**
L-Isoleucine	750 mg	**
L-Valine	750 mg	**

**Daily Value (DV) not established.

For maximum results:

- **When performing long, exhaustive workouts:** Mix 2 scoops **GLUTAMINE SELECT** with 12-16 oz of water and drink during and immediately after workouts to maximize muscle recovery and anabolism, and help reduce muscle soreness.*
- **When dieting:** Many users sip on **GLUTAMINE SELECT** throughout the day to avoid sugar cravings and preserve lean muscle while on a low-calorie or low-carb diet.

Affordable Research Based Strength & Recovery Stack: One serving **GLUTAMINE SELECT** + 2 servings **Muscle Provider** daily

Toned Figure/ Bikini Beach Body: **GLUTAMINE SELECT (GS)** works especially well with **UMP**, **Lean Out** and **7-Keto**.

Increased Muscle Size w/ Fat Loss: Combine **GS** with **UMP**, **Quadracarn**, and **Creatine Select**.

WWW.BEVERLYINTERNATIONAL.COM – 800-781-3475 – BEVNUT@BEVERLYINTERNATIONAL.NET
100% Money-Back Guarantee. If you're not satisfied after using **GLUTAMINE SELECT** for 60 days, we'll cheerfully refund your money. No questions asked!