

# GLUTATHIONE

## Essential Health Aid

**Antioxidant - Immune Booster - Detoxifier**

**Why your body needs a regular supply of this critical substance, and how it protects you from oxidative free radicals, disease, and toxins.**

CONTENTS:	
<p style="text-align: center;"><b>WHAT IS GLUTATHIONE?</b></p> <ul style="list-style-type: none"> <li>• Why Glutathione is Essential to Health</li> <li>• The Master Antioxidant</li> <li>• Benefits for the Immune System</li> <li>• Natural Detoxification</li> <li>• Increased Cellular Energy Production</li> </ul> <p style="text-align: center;"><b>GLUTATHIONE IN HEALTH AND DISEASE</b></p> <ul style="list-style-type: none"> <li>• Raising Glutathione Levels</li> <li>• Possible Clinical Applications</li> </ul>	<p style="text-align: center;"><b>GLUTATHIONE HEALTH BENEFITS</b></p> <ul style="list-style-type: none"> <li>• Increased Energy Levels</li> <li>• Slows Down the Aging Process</li> <li>• Strengthens the Immune System</li> <li>• Fights against Inflammation</li> <li>• Improves Athletic Performance and Recovery</li> <li>• Detoxification of the body</li> </ul> <p style="text-align: center;"><b>PREVENTION AND TREATMENT OF DISEASES</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• AIDS</li> <li>• Hepatitis</li> <li>• Joint and Muscle Pain</li> <li>• Heart disease, stroke and high cholesterol</li> <li>• Arthritis</li> <li>• Chronic Fatigue</li> </ul>

### WHAT IS GLUTATHIONE?

- Glutathione (pronounced "gloota-*thigh*-own") also known as GSH is the body's essential health AID - Antioxidant, Immune booster and Detoxifier. This small protein, produced naturally in the body, maintains these three crucial protective functions. In fact, your life depends on glutathione. Without it your cells would disintegrate from unrestrained oxidation, your body would have little resistance to bacteria, viruses and cancer, and your liver would shrivel up from the eventual accumulation of toxins.
- Glutathione is not yet a household word. Even doctors who have heard the term may have only a vague idea of it. However, everyone will soon be talking about this critical substance. There was a time when only scientists had heard of cholesterol and vitamins, but today everyone knows about them. In the last five years, over 35,000 medical articles about Glutathione have been published, and this scientific understanding is gradually becoming common knowledge.
- Each and every cell in the body is responsible for its own supply of glutathione and must have the necessary raw materials to make it. Glutathione is always in great demand and is rapidly consumed when we experience any sort of pressure - illness, stress, fatigue and even exercise. Glutathione levels also diminish as we age and many diseases normally associated with aging have been linked to glutathione deficiency.



### WHY GLUTATHIONE IS ESSENTIAL TO HEALTH

Glutathione's three major roles in the body are summarized by the letters **A-I-D** - Antioxidant, Immune booster, and Detoxifier - three critical processes driven by glutathione.

#### THE MASTER ANTIOXIDANT (AID)

Over the past thirty years researchers have explored the critical role of antioxidants in good health. It's not surprising that the body itself manufactures its own natural antioxidants. The most important of these is glutathione. Since all other antioxidants depend upon the presence of glutathione to function properly, scientists call it "The Master Antioxidant."

#### BENEFITS FOR THE IMMUNE SYSTEM (AID)

The immune system's function is to identify and attack germs and other invaders, including cancer cells. A body with plenty of glutathione fights off these threats more easily by denying most of them and confronting the few that get through with an enhanced immune system. Elevated glutathione levels enable the body to produce more white blood cells - the most important front line defense of the immune system.

Glutathione plays a central role in the functions of these immune cells. Dr. Gustavo Bounous, a leading glutathione expert says, "The limiting factor in the proper activity of our lymphocytes (white blood cells) is the availability of glutathione." In other words, healthy growth and activity of immune cells depend upon glutathione's availability. Simply put, glutathione is food for the immune system.

#### NATURAL DETOXIFICATION (AID)

Whether we know it or not, we are continually inhaling and ingesting natural and synthetic toxins. They are unavoidable in these modern times, both in our polluted cities and our engineered food supplies. When the body has its health and the nourishment it needs it works tirelessly to eliminate toxins and protect itself, but increasing levels of environmental pollution are depleting its stores of glutathione more and more rapidly. Our main organ of detoxification is the liver the body's most concentrated source of glutathione. Studies show that low glutathione levels lead to poor liver function, causing more and more toxins to circulate through the body and resulting in damage to individual cells and organs.

**INCREASED ENERGY LEVELS**

Low energy is not because of age, it's because of too much cellular inflammation caused by stress, unwise food choices, and the lack of quality sleep. Glutathione optimizes energy production inside every cell in your body by quenching free radicals and restoring cell quality. When your glutathione levels are up it will naturally increase the amount of energy that you have.

**GLUTATHIONE IN HEALTH AND DISEASE**

It has been clinically proven that glutathione has an important role to play in the treatment and prevention of hundreds of diseases. In the future it may be considered as important to health as a well-rounded diet, exercise, and good lifestyle. Clinical tests show that raised glutathione levels may address some of the major health issues of our time - Cancer, heart disease, strokes, diabetes, arthritis, high cholesterol, asthma, hepatitis, AIDS and more. Glutathione provides the body with the tools to fight off these threats naturally.

Healthy people also benefit from elevated glutathione levels through an enhanced ability to fight off toxins, infectious disease, pre-cancerous cells and the aging process itself. Diminished glutathione levels are a symptom of aging and are particularly evident in such ailments as Parkinson's disease and Alzheimer's disease.

Medical science has proven the critical role played by glutathione in disease resistance and general good health. Clinical evidence links low glutathione levels to the most common illnesses of our time as well as newly emerging diseases.

<b>Raising glutathione levels: some possible clinical applications</b>	
<p><b>Aging</b></p> <ul style="list-style-type: none"> <li>• Parkinson's disease</li> <li>• Alzheimer's disease</li> <li>• Cataract formation</li> <li>• Macular degeneration</li> <li>• Cancers of aging</li> <li>• Prostate problems</li> <li>• Osteoarthritis</li> </ul> <p><b>Cardiovascular</b></p> <ul style="list-style-type: none"> <li>• Prevents heart disease</li> <li>• Prevents stroke</li> <li>• Prevents atherosclerosis</li> <li>• Reverses atherosclerosis</li> <li>• Prevents reperfusion injury</li> </ul> <p><b>Digestive system</b></p> <ul style="list-style-type: none"> <li>• Inflammatory bowel disease</li> <li>• Hepatitis</li> <li>• Malnutrition</li> <li>• Pancreatitis</li> <li>• Peptic ulcer</li> </ul> <p><b>Toxicology</b></p> <ul style="list-style-type: none"> <li>• Detoxifies certain drug overdoses</li> <li>• Detoxifies substances in cigarette smoke, auto exhaust</li> <li>• Detoxifies pollutants including heavy metals, pesticides</li> </ul>	<ul style="list-style-type: none"> <li>• Prevents hearing loss from noise pollution</li> <li>• Detoxifies many well-known carcinogens</li> </ul> <p><b>Infectious disease and immunology</b></p> <ul style="list-style-type: none"> <li>• Anti-viral (AIDS, hepatitis, herpes, common cold, etc)</li> <li>• Bacterial infection</li> <li>• Certain autoimmune dysfunction's</li> <li>• Chronic fatigue syndrome</li> <li>• Immuno-suppression</li> </ul> <p><b>Cancer</b></p> <ul style="list-style-type: none"> <li>• Cancer prevention</li> <li>• Suppresses tumor growth</li> <li>• Eliminates carcinogens, mutagens</li> <li>• Retards oxidative damage to DNA</li> <li>• Prevents wasting disease</li> <li>• Eases side effects of chemotherapy and radiotherapy</li> </ul> <p><b>Pulmonary</b></p> <ul style="list-style-type: none"> <li>• Breaks up mucus</li> <li>• Cystic fibrosis</li> <li>• Asthma</li> <li>• Chronic bronchitis</li> <li>• Emphysema</li> <li>• Pulmonary fibrosis</li> </ul> <p><b>Metabolic</b></p> <ul style="list-style-type: none"> <li>• Athletic enhancement</li> <li>• Decreases recovery time from physical stress</li> <li>• Decreases cholesterol LDL oxidation</li> <li>• Supports hemoglobin in kidney failure</li> <li>• Diabetes</li> </ul>