

What is Glutathione Anyway?

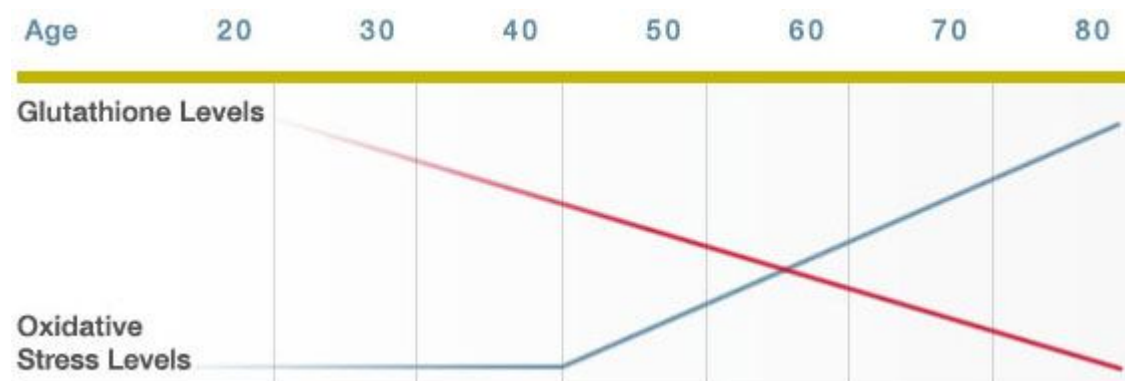
Simply put, **glutathione (GSH) is the body's master antioxidant** .

It is a small protein produced **naturally** in our cells when certain required elements are present. It functions both as an antioxidant and an antitoxin and is a major defense system against illness and aging. Our glutathione level actually indicates our state of health and can predict longevity. There are more than 60,000 published papers on the beneficial effects of glutathione. In the near future the importance of glutathione will be widely recognized because it has the ability to boost the immune system and fight off the damage of free radicals on the cells. Various daily activities can reduce your glutathione such as stress, exercise, infection, injury and environmental toxins. Your glutathione, or in other words, your body's **natural defense** against aging and cellular damage decreases by about 10% to 15% every decade!*

Modern research has shown that individuals who have **low levels of glutathione are susceptible to chronic illness** . Decreased levels of glutathione can be brought about by continual stress upon the immune system. As we now know, a lowered immune system can bring about illness and disease. This is a ferocious cycle. While you need glutathione for a productive immune system, a weakened immune system hampers the production of glutathione.*

Increasing age and other factors reduce the body's production and utilization of glutathione

Beginning around the age of 20 your body's natural production of this powerful little protein declines about 10 to 15 percent every decade. It is well understood in the medical and scientific community that intracellular glutathione levels cannot effectively be raised by oral glutathione supplementation because it is believed to be destroyed in the digestive system; which is why MaxGXL® is such a groundbreaking discovery.*



To reiterate:*

- Glutathione slows down the aging process
- Glutathione detoxifies and improves liver function
- Glutathione strengthens the immune system
- Glutathione works to help improve mental functions
- Increases energy
- Improves concentration
- Permits increased exercise
- Glutathione improves heart and lung function...just to name a few

For more information or to order your glutathione supplement MaxGXL please contact The Nature of Balance on +61 03 9682 8886 or email wellness@thenatureofbalance.com.au