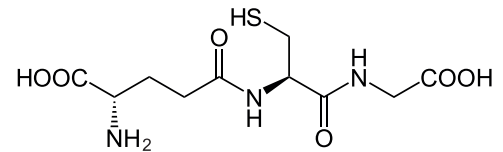


# EXPERT KNOWLEDGE GLUTATHIONE

A Scientific Information by **meria**  
healthcare products

## Glutathione (GSH)



## The miracle molecule

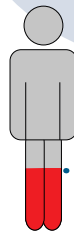
Glutathione (GSH) is not a drug, but a naturally occurring body-own substance which is present in every body cell and is used by the human organism to protect against chemical attacks and environmental hazards. Furthermore it plays a key role in the cellular metabolism.

Healthy  
cells - healthy  
human

Protects cells from oxidative stress and toxins.

Supports the immune system.

### Where does GSH come from?



Although glutathione is produced by the body itself from food, however, as a result of aging, lifestyle, poor nutrition and disease, there may be a gap between GSH demand and availability. In addition, the ability of the organism to self-synthesis of GSH decreases age-related more and more from approximately 40 years onwards.

A recent published clinical study (double blind, randomized and placebo controlled) proves:

- 1 Oral intake of GSH significantly increases the body's store of glutathione

#### 6 Month oral supply

1.000mg/day

Baseline

Whole blood

+ 30%

Red blood cells

+ 35%

Buccal Cells

+ 260%

Taking 1,000mg/day of GSH showed a 30% increase in whole blood, 35% increase in red blood cells and 260% increase in buccal cells glutathione levels.

- 2 GSH can increase NK cell activity two fold and support the immune system

#### 3 Month oral supply

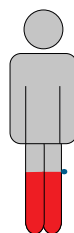
Baseline

GSH

2x

At three months the study revealed a 2 fold increase in NK cell activity at 1,000mg of GSH (NK cells support immune health).

- 3 GSH supplementation needs to be on going to maintain elevated levels.



One month after supplementation ended glutathione levels began to return to pre-study levels.

Glutathione does not adversely affect the body's normal production of glutathione.

PubMed: [www.ncbi.nlm.nih.gov/pubmed/24791752](http://www.ncbi.nlm.nih.gov/pubmed/24791752) - European Journal of Nutrition, 2014 May 5. Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. Richie JP Jr1, Nichenametla S, Neidig W, Calcagnotto A, Haley JS, Schell TD, Muscat JE.

**Conclusion: A daily supplementation with glutathione by oral supplementation is an effective intervention strategy for prevention of diseases and strengthening of the immune functions!**

This information has been developed with greatest care, however, no liability is assumed for its correctness and completeness. The contents are for informational purposes only and do not replace the medical advice in the individual case and should not be used for the purpose of self-diagnosis or the treatment of a health problem..