

NEW IMAGE™

Glutathione

THE MASTER ANTIOXIDANT

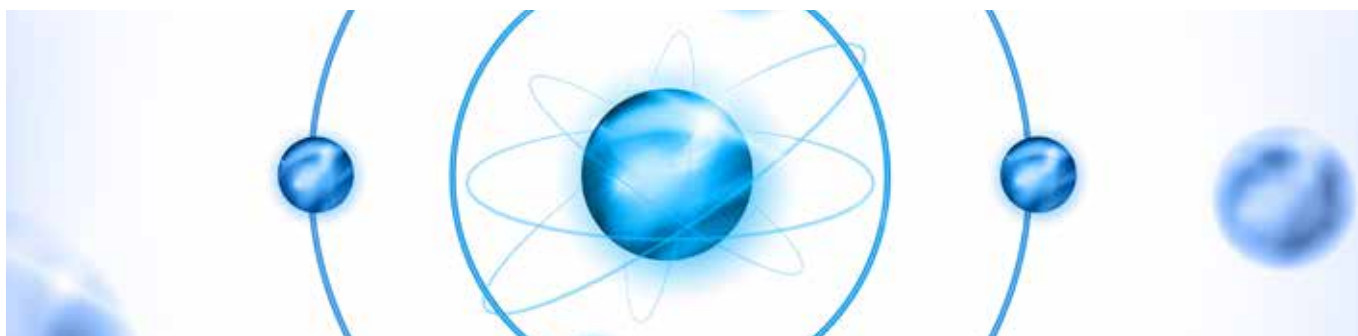
Glutathione is the mother of all antioxidants and has gained a lot of attention for its health benefits. But what is Glutathione, and does it naturally affect the body?

If you're thinking 'gluta what now'? You're not alone. Pronounced "gloo-tuh-thigh-own," Glutathione is one of the most powerful antioxidants. It juggles so many jobs that scientists, doctors and nutritionists call it the 'master antioxidant'. It is found in every cell in your body and is made up of three building blocks called amino acids, cysteine, glycine, glutamine. Our body naturally produces it, though most of us don't make enough in this modern world and often end up depleted. It is your body's most powerful tool for detoxing, immunity and free radical support. Glutathione decreases with age, poor diet, chronic stress, certain infections and diseases. This is why a high-quality supplement is essential.

This compound is essential for protecting our cells from free radicals. Free radicals can cause damage to cells and DNA, which can lead to inflammation and disease. By including glutathione in your diet, it helps neutralise free radicals, therefore preventing them from causing

damage. Other antioxidants also rely on glutathione, hence how it has earned its title as the 'master antioxidant'. It recycles antioxidants like alpha lipoic acid, CoQ10, Vitamin C, and E so they can be reused in your body. When you increase glutathione, you increase other antioxidants too. Let's give you an idea how it works. Let's say Vitamin E gives up an electron to neutralise a free radical. Vitamin E now becomes unstable so glutathione gives one of its own electrons to the Vitamin E so it can return to 'active duty' as an antioxidant therefore making our body be more efficient.

Because glutathione naturally supports the function of your liver, kidneys, GI tract and intestines, (your body's major detoxification pathways), it helps to fight harmful chemicals, heavy metals and other toxins in your body and turns them into bile which is vital for fat digestion and stool so it can be excreted.



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It also plays an important role in red and white blood cell formation. Red blood cells are important for carrying oxygen around the body while white blood cells are the frontline soldiers of your immune system.

Since this compound has the potential to help keep sickness at bay (and look good while doing it!), you might be searching for ways to get more glutathione in your diet. **Alpha Lipid™ Lifeline™** is the complete nutritional package and the perfect breakfast drink due to its unique coating. This coating makes sure it won't get disassembled in the gut so it can get into the cells where it belongs.

In summary glutathione plays a vital role in supporting immune health and protects cells from the damaging effects of oxidative stress. Even though our body produces glutathione naturally, levels can decrease through poor lifestyle choices and through the natural aging process.

Having a strong immune system is crucial for good health. Support it with healthy nutrition, exercise and by taking **Alpha Lipid™ Lifeline™**



5 Hot Tips to Increase Glutathione

1	Enjoy Alpha Lipid™ Lifeline™ daily.
2	Make moderate exercise a part of your daily routine.
3	Eat broccoli, cabbage, cauliflower, kale, brussels sprouts and other cruciferous vegetables daily.
4	Make sure you have enough healthy fats like avocado, extra virgin olive oil, nuts and fatty fish.
5	High quality protein provides amino acid building blocks.

HEALTH - WELLNESS - COLOSTRUM

From New Zealand to the World



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