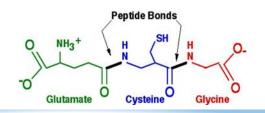


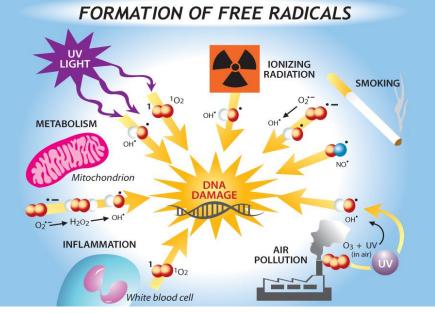
Glutathione (GSH) - The MASTER Antioxidant!

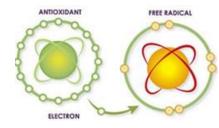
Glutathione (GSH) is a naturally occurring tri-peptide molecule produced by the liver that is found inside every cell of the body. It is made up of three amino acids, Glutamic acid (Glutamate), Cysteine and Glycine. It is involved in protecting cells from environmental toxins, drugs and alcohol as well as toxins produced by the body itself as a result of normal metabolism. Depletion of glutathione leads to cell death (apoptosis).

BENEFITS OF GLUTATHIONE

- Maintains the cell's health and performance by neutralizing free radicals and helps the liver remove toxins.
- Is one of the most powerful antioxidants in the body as it is the only one that is intracellular (it acts within the cell).
- Is unique in that it acts as an **antioxidant to other antioxidants**, as it has the ability to maximize the activity of:
 - o Vitamin C
 - o Vitamin E
 - o Selenium
 - o Grape seed extract
 - o Alpha-lipoic acid
 - o CoQ10
- Assists with DNA and protein synthesis (the creation of collagen and elastin).
- Helps with the body's immune function and controls inflammation.
- Plays a key role in the pigmentation process called Melanogenesis.
- Glutathione levels decrease with age which is why glutathione pre-cursor supplements are taken and it is topically applied in skin care products to encourage the body to make new glutathione.







Antioxidants have extra electrons; they donate an electron to an unpaired free radical molecule.

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