Gluta-Ascorbs

(Hypoallergenic)

Item # 70140
Available in bottles of 60 capsules

The Possible Benefits of Gluta-Ascorbs, a Dietary Supplement

- Provides support for liver detoxification, primarily phase II
- Can help detoxify a wide range of toxins, including industrial chemicals, radiation, drugs, alcohol, cigarette smoke and heavy metals
- Helps prevent free radical damage throughout the body
- Supports the body's response to some viruses, including HIV, and other immune challenges

Description

Gluta-Ascorbs is a combination of two of the body's premier antioxidant nutrients that are also its premier antitoxins. Reduced glutathione, a thiol antioxidant nutrient, is a major water-phase antioxidant inside the cell, while Vitamin C (ascorbate) is a major water-phase antioxidant outside the cell. The liver is the body's main detoxification organ; it reacts potentially toxic foreign chemicals such as bromobenzene, carbon tetrachloride, and acetaminophen together with water-soluble antioxidants to render them water-soluble, then excretes them mainly via the bile and the urine. Ascorbate supports the action of glutathione by keeping it in the beneficial reduced form. Glutathione, in return, spares vitamin C. In the liver, the nutrients in Gluta-Ascorbs support primarily phase II detoxification.

Vitamin C

Vitamin C is the body's most important water-soluble antioxidant nutrient. It is stored in tissues throughout the body, and is especially concentrated in the adrenal glands. Humans do not manufacture vitamin C, so we must get our daily amount from food or nutritional supplements.

Vitamin C is involved in a variety of biochemical reactions, including detoxification and inflammation processes, white blood cell production, the reduction of glutathione, and the metabolism and protection of several other nutrients.

Vitamin C prevents free radical damage through it's antioxidant activity. Its molecular structure allows it to donate hydrogen atoms from two hydroxyl positions to neutralize free radicals. Vitamin C is also crucial for the production of adrenal hormones involved in responding to stress. Through its effect on histamine release and degradation (anti-histamine effect), vitamin C helps in the control of some inflammatory reactions. It is also involved in detoxifying heavy metals such as lead, cadmium, mercury and nickel.

Studies report that Vitamin C can nutritionally benefit many systems in the body, especially when taken in larger amounts. It is important in the structure and function of the immune and cardiovascular systems, in maintaining bone mineral density, and in the production of some neurotransmitters.

Vitamin C is crucial for the structure of the body, since it is an essential cofactor for collagen synthesis. Collagen imparts strength to connective tissue throughout the body. Elastin in the skin is also dependent on sufficient vitamin C. And of course, Vitamin C prevents scurvy, the first known nutritional deficiency.

Glutathione

Glutathione is a powerful tripeptide antioxidant that inhibits the formation of free radicals, and is thought to be the most important cellular

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antioxidant. It is a key nutritional component in liver detoxification pathways, and has been shown to protect against damage from cigarette smoke, radiation, chemotherapy, and x-rays, through it's ability to protect the mitochondria, cellular nuclear structures, lung tissue, skeletal muscle, and the lens of the eye. Glutathione spares vitamin C and can assist in detoxification from alcohol, heavy metals, and drugs. Glutathione is also involved in the regulation of DNA repair, and it has anti-angiogenic potential that may help prevent excessive cell reproduction.

Glutathione has been shown to reduce homocysteine levels, thus possibly impacting the risk of cardiovascular disease. A Taiwanese study found that both vitamin C and glutathione, along with N-acetyl-L-cysteine, a precursor to glutathione, were instrumental in the prevention of oral mucosal lesions from betel quid chewing.

Each capsule contains:

Vitamin C (as Ascorbic Acid) 200 mg
L-Glutathione (reduced) 200 mg

Suggested Use: As a dietary supplement, 1 to 3 capsules daily between meals, or as directed by a healthcare practitioner.

Other Ingredients: Stearic acid, silicon dioxide

References

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Allergy Research Group®
30806 Santana Street; Hayward, CA 94544
Phone: 800-545-9960 / 510-487-8526
Fax: 800-688-7426 / 510-487-8682
www.AllergyResearchGroup.com

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