



Whey protein

B-Glutathione

DIETARY SUPPLEMENT

WHAT IS IT?

Powder based on whey protein, with **cysteine, creatine, antioxidants and minerals**, its ingredients contribute to the synthesis of glutathione, natural antioxidant, which helps in the proper functioning of the body.



FEATURES





KEY INGREDIENTS



CISTEIN

It is an important amino acid for the proper functioning of the organism. Among its main functions we find that; it's involved in the formation of glutathione, provides a great antioxidant effect, a beneficial effect is reported in case of intoxication by other substances, it has an anti-inflammatory effect, has seen positive effects in people with arthritis and favors the care of the liver. (1, 2)



ANTIOXIDANTS

The harmful effects of oxidative stress, on human health, can be reduced through the intake of dietary antioxidants. They also achieve an increase in the hope and quality of people's life. (3)



ROYAL SUN MUSHROOM

It is a fungus whose cultivation has aroused great interest throughout the world. It has been used traditionally in cases such as atherosclerosis, hepatitis, hyperlipidemia, diabetes and dermatitis. Among the properties we find that it is beneficial in the prevention of the formation of malignant cells, immune-modulatory effect, contributes in the control of microorganisms such as viruses, bacteria and is favorable in case of allergies. (4)



CREATINE AND MINERALS

Creatine is a nitrogenous compound that has been shown not only to have an ergogenic effect, but also has beneficial effects in the therapeutic field, more specifically, in neuromuscular and neurodegenerative diseases. (5) Minerals are necessary elements to regulate chemical reactions within the organism. They participate in the regulation of many processes, such as the pulse, the nervous response, blood coagulation, regulation of body fluids and metabolism's energy. They are also part of the structure of bones, teeth, nails, muscles and red blood cells. (6)

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- 3- Delgado; L. Betanzos; G. Sumaya; M. Importancia de los antioxidantes dietarios en la disminución del estrés oxidativo Investigación y Ciencia, núm. 50, septiembre-diciembre, 2010, pp. 10-15 Universidad Autónoma de Aguascalientes Aguascalientes, México
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- 5- Ruiz, S. Creatina y Rendimiento Deportivo: Una revisión bibliográfica. Universidad de Jaén, Facultad de Ciencias de la Salud. España, Junio 2015.
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SUGGESTED USE

Dissolve one sachet (15g) in 100ml of water. Formulated to consume 1 serving per day.