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# GSH COMPLEX<sup>®</sup>

## Most Frequently Asked Questions

### **1. What is GSH COMPLEX<sup>®</sup>'s bioactivity dependent upon?**

Concentrations of 3 bioactive proteins contained in the milk serum: Thermolabiles, serum albumin, alpha lactalbumin and lactoferrin.

### **2. What is the difference between colostrum and whey protein?**

Colostrum has practically no cysteine molecules, the substrate needed for the intracellular production of glutathione. Colostrum is composed primarily of immunoglobulin and some lactoferrin - at least during the first 26 hours of production. As far as we know from experiments and clinical trials done in Germany, colostrum has shown no effect on the immune system due to the fact that the mechanism of action on the immune system is via stimulation of the glutathione synthesis. The fact that glutathione precursors in the immunoglobulin fractions are almost non-existent explains this lack of effect. On the other hand, GSH COMPLEX<sup>®</sup> contains substantial amounts of thermolabil proteins that are rich in cysteine and glutamylcysteine, and are known precursors (building blocks) of glutathione. The replenishment of the glutathione in the lymphocytes determines the intensity of the immune response. Glutathione optimizes the proliferation of antibodies and lymphocytes thus destroying oxidicals.

### **3. How does the manufacturing of GSH COMPLEX<sup>®</sup> differ from other whey proteins?**

In the manufacturing of other whey proteins several things happen: In the process of heating and pasteurization, critical bonds holding the cysteine molecules together are bro-

ken, thus destroying or diminishing the very proteins that serve to raise glutathione levels most effectively. We've developed a process by which these delicate proteins remain intact in their natural form to serve us most effectively.

### **4. What is the difference with products or pills that people use as supplements that are stated to be glutathione or cysteine?**

Glutathione is produced intracellularly, thus simply taking a pill does not increase one's levels of this master antioxidant. GSH COMPLEX<sup>®</sup> is a natural delivery system from the cysteine to the cell, allowing the cellular levels of glutathione to increase.

### **5. What is the difference between taking GSH COMPLEX<sup>®</sup> and taking other antioxidants?**

GSH COMPLEX<sup>®</sup> is not an antioxidant but it provides the building blocks for the synthesis of glutathione, which is the principal intracellular antioxidant. More importantly, glutathione serves as a detoxifying agent for multiple toxins that we encounter on a daily basis through the environment and medications we're exposed to. Glutathione has been shown to act as an effective protectant against ultraviolet radiation, an issue of great concern due to the continued loss of our ozone layer.

### **6. Can a person who is lactose intolerant take the product?**

Yes, GSH COMPLEX<sup>®</sup> has less than 1% lactose, which will not create any ill effects even in the most severe case of lactose intolerance.

### **7. Who should not take the product?**

People with an allergy to milk protein, which is rare. Please note that “lactose intolerant” is not a milk allergy. Also any one who has had an organ transplant and is receiving immunosuppressant therapy should not take the product.

**8. What is the recommended intake of protein for an average adult?**

70-80 grams of protein per day.

**9. What is the best way to mix GSH COMPLEX®?**

With any kind of juice or liquid that is no warmer than lukewarm. The product should be mixed with the liquid in some kind of a small container with a lid so that it can be shaken. Then it should be left at room temperature for 15 minutes and shaken again before drinking. It can also be mixed in applesauce, yogurt or sprinkled over cereal. It should NOT be mixed in a blender, it should NOT be put into any liquid that is hotter than lukewarm temperature. It should NOT be mixed over one hour before drinking. This kills the bioactivity of the product.

**10. Is there a need to consult a physician?**

GSH COMPLEX® is qualified as a food in Canada and in the USA. There are no contraindications to this product except for those mentioned in Question 7. Other than in these rare cases, everyone should consider using GSH COMPLEX®

**11. Is GSH COMPLEX® priced competitively?**

Definitively. A common mistake, though, is to compare GSH COMPLEX® to a lower grade whey created for bodybuilding. There are a host of whey proteins on the market today which range from very inexpensive whey used to hold cupcakes together, to the body building grade, to the isolate composition with therapeutic properties, which is what we are offering. GSH COMPLEX® is the highest-grade whey protein isolate available on the market today at a very competitive price.

**“GSH Complex a far more effective GSH source...”**

*“It came my way a couple of years ago and I tested it by giving it to my patients...the patients felt ‘wonderful’...not just well.”*

— Dr. Deborah Baker-Racine

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