

Continual-G Supplement

Severe & Persistent Glutathione Depletion

Generally, there are two situations where you might not have enough glutathione. These are termed severe and persistent severe glutathione depletion. Severe depletion occurs when your glutathione reserves are suddenly overwhelmed. Persistent depletion occurs when your cells lose their capacity to make enough glutathione for maintenance of good health or when the amount of free radicals produced by your body increases above normal.

- Severe depletion can occur when you are exposed to high levels of toxins such as **smoke, alcohol, drugs, heavy metals, or radiation..**
- You might also deplete your glutathione during **strenuous or prolonged exercise**, where you are breathing faster and heavier in order to release the energy you need to keep going. The more you breathe, the more you generate free radicals. Producing free radicals faster than you can produce glutathione, can be a serious challenge.
- During **extended fasting** you might also be at risk of depleting your glutathione levels because you are running out of cysteine normally supplied in your diet.
- Severe Conditions that can lead to severe glutathione depletion have been listed.

Examples of Persistent Glutathione Depletion

Persistent glutathione depletion occurs when some of your cells (e.g., specific tissues or organs) are unable to produce enough glutathione to protect themselves against normal levels of toxins and free radicals or your body starts producing more free radicals than normal levels. This is often the case as we age and also has been observed in several health issues and has been disclosed in several books and numerous reports published in scientific journals.

Immunity*

Your body's ability to function normally is constantly challenged by today's stressful lifestyle. Oxidative stress is associated with increased exposure to damaging free radicals and/or insufficient cellular antioxidant capacity, which includes lower levels of glutathione, the body's "master antioxidant" that is produced by every cell of the body.



The Glyteine® in Continual-G products, when taken regularly, supports the body's production of glutathione to help support against the oxidative stress related risks to your continued good health, including challenges to your immune system.



Sports Recovery

The more we exercise the more oxygen we breathe in. As a result, the rate of oxygen free radical production increases within our cells.

Reactive Oxygen Species (ROS) are free radicals that can be neutralized by glutathione and glutathione dependent biochemical systems.



The longer and harder we exercise, the faster the rate of ROS production and the faster our glutathione producing mechanisms are challenged to keep up with demand. Some of our cell's glutathione is recycled, but some additional amount needs to be made anew from raw materials available in our bodies. During extensive strenuous high cardio/aerobic exercise we run the risk of exceeding our cell's capacity to keep up with its need for glutathione. If this happens, our cells will enter oxidative stress, which if left too long may result in some damage that will require a period of recovery before the exercise routine can be repeated at optimal performance.

The Glyteine® in Continual-G products when taken before exercise supports your glutathione levels, which means that your cells will have more glutathione available before they enter oxidative stress. So, the increase in available glutathione may not only support optimal physical activity, but also support the recovery from that activity*.



Brain Health*

As much as 25% of the oxygen we breathe is used by the brain, resulting in the normal function of the brain producing a significant quantity of free radicals. Unfortunately, many of the brain cell types have only a limited capacity to produce glutathione which could have an impact on optimal brain function at all life stages.

The Glyteine® in Continual-G products supports the maintenance of normal glutathione levels,

which means that your brain cells will have support for their critical antioxidant capacity under increasingly common conditions of oxidative stress. This may help support healthy brain function at all life stages*.



Healthy Living

As we approach our physical maturity in our late 20's, cellular glutathione levels start declining raising the potential for more frequent as well as higher levels of oxidative stress. Repetitive exposure to oxidative stress may affect our cell's ability to maintain normal health. As a result, some of our cells, tissue and organs may have a diminished ability to function at an optimal level.

Healthy living offers countless potential benefits, including the freedom to travel, to exercise, play sports, and engage in social activities, among others. And a healthy lifestyle can help you maintain a healthy immune system.

Glutathione is perfectly suited to boost the immune system and to provide other health benefits*.

Glutathione, the body's master antioxidant, is the most powerful molecule available to provide support for oxidative stress. And..... since many activities that are a part of living an active lifestyle will increase the production of free radicals, maintaining healthy glutathione levels to neutralize them is critically important.

The Glyteine® in Continual-G products, when taken regularly will help boost your glutathione levels, which means that all your cells will have an extra level of antioxidant capacity to respond to oxidative stress, including that originating from a poor diet, whatever that may be*.



**Order Continual-G at <https://synergisticuniverse.com/continual-g.html>
Or call 864-895-6250**

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