

Glutathione and Vitamin D - Synergistic and Powerful for Wellness and Prevention

QUOTE BOARD

“Glutathione is known by many as the mother of all antioxidants and the master detoxifier.”

“Higher levels of glutathione help to slow aging, clear the body of toxins, and prevent disease. Glutathione itself neutralizes free radicals, recycles antioxidants, is involved in phase 1 and 2 detoxification, helps transport mercury out of the cells and the brain, regulates cell growth, and is vital to mitochondrial and DNA health. Proper glutathione activity also strengthens and helps modulate the immune system, helps muscle tissues recover from damage, reduces recovery time, increases strength and endurance, and more.”

“Research has illustrated a positive relationship between glutathione and vitamin D, with higher vitamin D levels related to higher glutathione levels. Additional research has demonstrated that correcting vitamin D deficiency can, in itself, increase glutathione levels, and vice versa.”

“A 2018 study by Jain et al. suggests that increasing glutathione status can improve the bioavailability of vitamin D and can more effectively correct vitamin D deficiency than vitamin D supplementation alone (similar to magnesium and several other nutrients). The publication concluded that “Supplementation with a combination of vitamin D and L-cysteine [NAC] a glutathione precursor, rather than supplementation with vitamin D alone, is beneficial and helps achieve more successful vitamin D supplementation.”

“Supplementation with L-cysteine [NAC] has been shown to not only increase glutathione levels, but to also upregulate the expression of vitamin D binding proteins, receptors, and enzymes that results in increased vitamin D levels. B vitamins, especially the vitamins B6, B9, and B12, are also critical to help the body produce glutathione.”

WHAT YOU NEED TO KNOW

The consequences of essential nutrient deficiency are severe, and the benefits of sufficient essential nutrient supplementation are enormous. There simply is no scientific or logical reason not to supplement with essential nutrients and to highly encourage those that you care about to do the same.

Dr. Chestnut has created the Innate Choice® Essential Nutrient System™ specifically to address the pandemic of essential nutrient deficiency and essential nutrient deficiency related illness and lost quality of life. Supplementing with the Innate Choice® Essential Nutrient System™ ensures you will receive sufficient amounts of NAC (proven to be the best for increasing intracellular Glutathione levels), multivitamins including the B vitamins, minerals including Magnesium and Zinc, and Omega-3 Fatty Acids and Vitamin D. There simply is no better investment you could make in your health and no better return on investment in terms of health benefits.

WHAT YOU NEED TO DO

Go to www.eatwellmovewellthinkwell.com for more information and to order your Innate Choice® Essential Nutrient System™ supplements.

Grassroots Health Newsletter (2023). How Keeping Glutathione Levels Up Can Benefit Your Health & Your Vitamin D Status. GrassrootsHealth Nutrient Research Institute