

THE SCIENCE BEHIND SETRIA®

Boost your glutathione levels for better performance and health with Setria® Glutathione and Setria® Performance Blend.

BY ADAM GONZALEZ AND THE EDITORS OF MUSCLE & FITNESS

Glutathione is a crucial compound that's found in all of our cells, tissues, body fluids and organ systems. In short, it's found virtually everywhere in the human body, and it's essential to our healthy existence. This powerful tripeptide (a small protein molecule) consists of glutamic acid, cysteine and glycine (in the form γ -L-Glutamyl-L-cysteinylglycine), and it's particularly beneficial in destroying free radicals and boosting immunity. This makes it crucial for health, but also important for supporting recovery from intense training and other stressors that athletes face.

Glutathione is conditionally essential, meaning that your body can manufacture it, but not necessarily in the quantities you optimally need. Now, you can help your body boost glutathione levels by supplementing it directly with **Setria® Glutathione** or **Setria® Performance Blend**. In addition to increasing glutathione levels, the latter contains citrulline. Citrulline produces nitric oxide (NO) that is broken down in a couple of seconds. Glutathione prevents NO degradation, leading to long half-life of NO in our body. Plus, glutathione forms S-Nitrosoglutathione (GSNO), NO donor, acting as a NO slow releaser. Research demonstrates that taking a combination of Setria® glutathione and citrulline is better for sustaining NO than taking either alone.

Here's more about how both **Setria Glutathione** and **Setria Performance Blend** will support your health, athletic performance and training results.



GLUTATHIONE DRIVES PERFORMANCE, IMMUNITY AND HEALTH.

Our bodies get glutathione from two sources: 1) that which the body manufactures; and, 2) that which we consume through foods and supplements. Supplementing glutathione with Setria Glutathione or Setria Performance Blend is great for athletes because both improve glutathione levels in our bodies, providing these advantages:

Glutathione destroys free radicals. These harmful chemicals are created from normal daily stressors, including exercise. Without glutathione, our bodies would be ravaged by free radicals. Glutathione works as an antioxidant, binding to free radicals to neutralize their harmful effects. In addition, it also reactivates other antioxidants such as vitamins C and E, extending the ability of these antioxidants to scavenge and neutralize additional free radicals.

Glutathione supports immunity. This is crucial for all people, whether active or not. Glutathione fortifies your immune system in two significant ways. First, it supports the proper function of white blood cells. Second, research suggests that glutathione stimulates activity of natural killer cells, which support immunity and may be important in supporting newer cancer treatments.

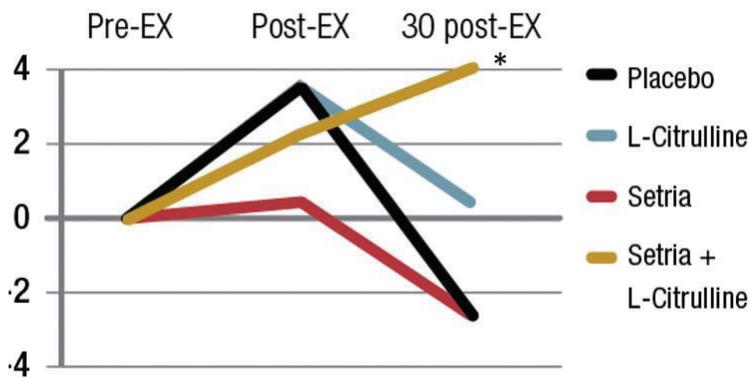
Glutathione supports the function of your liver, kidneys and digestive tract. It does so by helping your body eliminate toxins, ingested chemicals and potential carcinogens that you have already absorbed. In addition, it helps neutralize toxins in your GI tract before they are absorbed.

Setria Glutathione has been formulated to maximize these benefits.

SETRIA® GLUTATHIONE AND CITRULLINE BOOST AND SUSTAIN NO PRODUCTION.

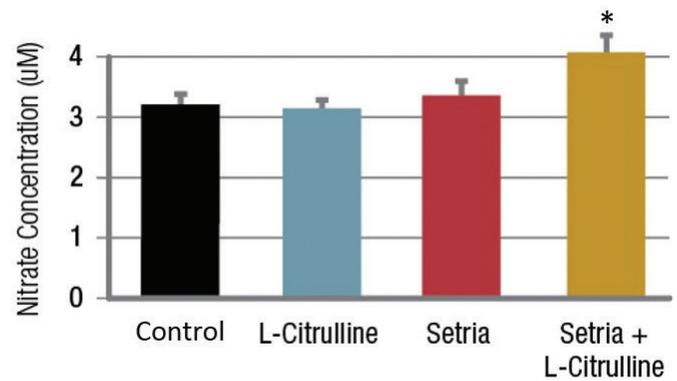
Citrulline is an amino acid that has been demonstrated by research to increase NO production. NO is a gas molecule that encourages blood vessels to relax, allowing greater flow of blood to reach working muscle tissue. This means you'll get an influx of oxygen and other nutrients while you're training, allowing for greater strength and performance, leading to better long-term success. When using citrulline with glutathione, glutathione prevents NO degradation as an antioxidant and forms GSNO that acts as a NO donor, which contributes to keeping NO levels high. Research shows that combining citrulline and Setria® Glutathione sustains NO production more than either alone. This helps you foster better workouts and gains.

Setria® Performance Blend, containing **Setria® Glutathione** and citrulline, has been formulated to maximize these benefits by helping to sustain NO levels, providing an edge to athletes.



* $p < 0.05$, vs Placebo

One week of daily oral supplementation with 200 mg of Setria and 2 g of L-Citrulline enhanced NO levels at 30 min post-exercise.



* $p < 0.05$, vs Control

A combination of L-Citrulline (CIT) and Setria supplementation significantly increased NO levels in HUVECs.

WHO NEEDS MORE GLUTATHIONE?

- Athletes: Intense training boosts free radicals, increasing your body's need for glutathione.
- The aging: Glutathione levels naturally decrease as one ages, particularly after 40.
- Drinkers and smokers: These stressors reduce glutathione levels.
- Overweight: Those who are overweight have decreased glutathione levels.
- Virtually everyone else. Boosting glutathione levels is a great choice for a longer, healthier life.

GET YOUR GLUTATHIONE

The best ways to increase your glutathione level through diet is to emphasize fresh meats, fruits and vegetables. In addition, look for supplemental forms to make certain you aren't low on glutathione, including products that contain Setria Performance Blend or Setria Glutathione. Both of these contain the L-glutathione form, which has been clinically studied, demonstrating an increase in blood glutathione levels and support of the immune system. Both versions of this product are pure and safe, containing no additives, artificial flavors or preservatives. These Setria products are manufactured using a patented fermentation process, and they are Kosher, GMP-compliant and allergen free. You can find **Setria Performance Blend** and **Setria Glutathione** in many of your favorite products. Find out which ones at setriaglutathione.com/where-to-find.

This content is sponsored by Setria®.

For more information, or to find products with Setria or Setria Performance Blend, visit

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