



Live

GSH Complex®  
for your immune system



[www.nutraxis.com](http://www.nutraxis.com)

## Dear reader,

I would like to thank you for your interest in our flagship product GSH Complex®. I believe you need to know what are the driving forces that guide us in our product formulation to achieve optimum health. There are three main premises for our product formulation. The first is that we are all made in God's image and our bodies have an intrinsic desire to remain healthy and disease free. The second premise, we are all made up of energy and cells. Actually, we consist of 100 of trillion of cells from the tip of our toes to the top of our head. According to us, there is no such thing as disease, but there is only cellular dysfunction. So we do not treat symptoms or diseases but we address cellular health. In doing so, we let your own body do the healing process and the third premise. Our research of over 20 years clearly demonstrate that in general the population suffers from protein deficiency, enzyme deficiency. Our cells are in a state of dehydration and are bodies are in a state of imbalance. In this booklet we will address protein deficiency but not any particular protein. We will introduce you to the ultimate building block for protecting your cells. We will address the topic of GSH (Glutathione) as the ultimate protector and why GSH Complex is your best solution for achieving health and wellness. This booklet was designed as a reference guide Dr. Bender explains clearly and simply what you need to do to achieve health and protect yourself against infectious diseases.

Please enjoy,

**Robert Gauthier**  
President & C.E.O.  
Nutraxis International.



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## Give Yourself a Fighting Chance

Dr. Robert Bender MD, FAAFP  
(Medical Council for Nutraxis)

As a practicing physician for over 39 years, I have witnessed some very significant and alarming changes in the health of people, not only in North America but throughout the entire world.

I believe the best way for me to demonstrate what I have witnessed is with the comparison of the medical history of a male born in 1938 and a male born in 1978, some 40 years later.

In 1938, the world was still using ice for home refrigeration. This also was a time when food consisted of fresh vegetables grown in home gardens or by local farmers. There were no "fast food" restaurants and processed food was minimal. Meat was obtained locally, not shipped from thousands of miles away and hormones were non-existent. Milk was not pasteurized so the nutritional value was excellent. Cancer, diabetes, obesity, high blood pressure, Alzheimer's, Parkinsons, and heart attacks, all familiar to us today, were either of low incidence or non-existent.

The incident of illness was significantly less and doctor visits were for lacerations, fractures or serious illnesses. The body was able to overcome illness more quickly in those days. The one major problem was infection. We did not have the antibiotics that we have today to conquer the serious life-threatening problems such as pneumonia or septicemia. Yet, the incidence of pneumonia or septicemia was actually less than today.

Now let's compare the young man born in 1978, some 40 years later, who has experienced many more problems. The incidence of type 2 diabetes is occurring at very young ages and at a much greater frequency than ever before. High blood pressure is also increasing at younger ages, along with increased weight and cholesterol problems.

Autopsies performed on youngsters killed in traumatic events as well as deaths secondary to disease, reveal significant arterosclerosis in elementary school ages. Though the statistics seem bleak, there is good news. I urge you to keep reading as there is something we can do to help ourselves and our loved ones overcome the health challenges we currently face today. The human body has a God given intrinsic drive to recover from trauma and disease.

Two examples – a patient comes into my office with a fractured (broken) arm and I place the arm in an immobilizer or cast. Am I responsible for the healing or does the body do the actual healing?

*"GSH Complex® came my way a few years ago and I tested it by giving it to my patients.... the patients felt 'wonderful' not just well."*  
**Dr. Deborah Baker**

The second example is of the patient who has undergone surgery where sutures have been placed to approximate the tissue (skin) together. The sutures provide the environment but the body does the healing. Notice that I use the word healing. The body does not cure the fracture or the wound. The body heals them. As the physician, I created the environment in both of these examples for the body to heal. The intrinsic mechanism within each of us directs and accomplishes the healing. Why is it then that we find some people who do not heal from the fracture or do not heal from the wound?

As I pondered that question over the years I found myself searching to find the answer. My goal was to find the best way to complete the missing ingredients, if you will, so that I could further embellish the body's intrinsic drive to recover from trauma and disease.

Since the intrinsic drive of the human body is to maintain balance. When balance is attained, we experience normal function as well as the ability to prevent or quickly recover from adversities. When the body is not in balance, the opposite is true and we experience symptoms of adversities or disease.

Medical science has taught us to think macroscopically or to believe that disease resides and comes from organ abnormalities. In truth, all organs are made up of tissue and tissue is comprised of individual cells. Our metabolic bodily functions occur in our cells and when cellular dysfunction occurs we have the beginning of imbalance or a disruption in the harmony of our functions. If our body is unable to correct by repair, regeneration or removal of this cellular dysfunction, we experience the beginning of disease.

There are four stages to the progression or development of dysfunction or disease. This is called the Cell Theory of Disease.

**1st Stage:** On average we have 60 to 75 trillion cells, and it is in those cells that our bodily functions or needs are actually accomplished. The organs are all designed to provide the nutrients to the cells so that the cell can in turn provide life to the body.

When all of the cells are healthy and contributing to the human organism we are in balance and cellular dysfunction/disease is absent. In the first stage of disease a percentage of the cells become unhealthy or dysfunctional. This can occur anywhere in the body and because this magnificent machine functions so well, the body compensates for these poorly functioning or abnormal cells and you the macro-organism (the body) does not experience symptoms. Therefore, you have no idea that you are experiencing the beginning of disease.

**2nd Stage:** The percentage of cells that are dysfunctional increases and the body continues to compensate by handling the required daily requirements of life so again you have no symptoms.

As this stage progresses your body struggles to maintain balance or harmony. Finally, the metabolic load becomes so much that you are made aware of the developing problems by the appearance of symptoms. These first symptoms could be generalized, such as decreased energy, declining appetite or increased appetite, weight loss or gain, headaches, etc. This occurs at the end of the 2nd stage.

**3rd Stage:** This stage of cellular dysfunction is the critical stage. Why? Because you still have enough normal functioning cells at work and the dysfunctional cells can, for the most part, repair and regenerate themselves so that you can heal from the cellular dysfunction. The prominence of cellular dysfunction in an organ or organ system will determine your symptoms and result in a diagnosis. The major point here is that you can heal from this cellular dysfunction if you will create the environment necessary for your cells to repair and regenerate themselves. Just like our analogy of the fractured arm, the body can and will heal given the correct environment. Remember, the body has the intrinsic drive to achieve balance, overcome dysfunction and attain wellness.

**4th Stage:** It is unfortunate that the 4th stage is where modern medicine has focused. Pharmaceuticals are designed to ameliorate symptoms and keep you functioning until you die with and from your disease. After 17 years practicing medicine, I realized that I had become, like most westernized physicians, a disease manager. I diagnosed my patient's illness, placed them on medication and monitored their progress. Never did I experience a patient with diabetes, high blood pressure or arthritis coming back to my office and pronouncing that they were healed from their disease by the medicine I prescribed.

This is no longer true! Healing is a common occurrence once we have created the environment for cellular protection and repair.

We cannot blame today's modern physician as our training is funded by the pharmaceutical industry as is our research and the majority of that research and training is focused on the 4th stage of disease. We call preventative medicine that which involves studies, exams, x-rays and blood tests though it is nothing more than early detection and treatment. This early detection has nothing to do with preventing the cellular dysfunction we are focused on in early treatment.

Prevention is creating the environment for cellular protection and cellular repair before stage 3 and stage 4 occur. Of note, is the fact that even in stage 3 and 4, you can heal and recover from cellular dysfunction. Avoiding stage 3 and 4 altogether takes commitment to lifestyle and providing your cells with the proper healing environment. That is prevention!!

Therefore, to remain in balance or in a healthy state, our focus must be on the task of supporting our systems that protect our cells from dysfunction and repair or removal of injured cells. The questions that should come to mind, once we are aware that cellular dysfunction leads to imbalance and disease are: how does the cell protect itself? What process, inside the cell, allows for repair and regeneration (I like to refer to this as the first step in healing)? If the cell is unable to recover from injury, mutation, cancer, bacterial or viral change, what process is in place to remove that cell before further dysfunction is created by this abnormal cell?

## How do our cells protect themselves?

With a small protein molecule named Glutathione (GSH). This molecule is called a tri-peptide because it is composed of three amino acids – cysteine, glycine and glutamic acid. GSH is also known as a thiol because its electron-donating capacity is linked to the sulfa group. It is the ability of this molecule to donate an electron of hydrogen that provides for its bioactivity. It actually functions as a non-enzymatic reducing agent. Glutathione is so important that it is found in almost every living cell – plant, animal and human.

Medical research has determined that less than 70% of the reduced (active) form of glutathione in the cell will result in cellular dysfunction, and a disease state will follow. It has been documented that those people who are HIV positive can delay or prevent the ARC (AIDS related complex) from occurring by maintaining high levels of intracellular GSH (reduced form).

The cell synthesizes or produces its own glutathione dependent on the needs of that particular cell. The substrates or building blocks, when adequately present inside the cell, allows the cell to maintain production of GSH at a rate that will exceed the required 70% active form. The amino acid that is the “rate limiting” amino acid is cysteine. It is far more difficult for the body to obtain sufficient cysteine than either glutamic acid or glycine. In fact, those people in their late 50’s or early 60’s have a slowly declining production rate of this important molecule.

For example, the senior citizen who is already experiencing a decline in intracellular glutathione, who is placed on medication (whether prescription or over-the-counter) for their symptoms. Medication is considered a xenobiotic, which is any foreign substance, not synthesized by the body. These xenobiotics must be broken down and excreted from our cells and hence from the body. If this does not occur, we become toxic over time. Then, add our western lifestyle with the carbonated drinks, fast foods, alcohol, tobacco, drugs, excess coffee and pasteurization, and we have a body that is over utilizing intracellular glutathione. This intracellular glutathione must be replaced.

In support of this function of detoxification we find that the largest concentration of glutathione occurs in the liver. The liver can export glutathione to other areas of the body. The second largest concentration occurs in the epithelial lining fluid of the lungs. This is our major cellular defense where air contamination is concerned.

Glutathione is called the master, intracellular antioxidant. Another major role of GSH is to capture the free radicals that are created when the immune system responds to attack. Monoclonal expansion is expansion of our cellular defenses when we suffer an attack against our cells. Free radical production is rapidly increased with cell division and this desire of our immune system to respond to this danger is greatly inhibited unless adequate amounts of glutathione are present.



Another very important role for intracellular glutathione is that of cellular protection against radiation. A recent research article published in the Radiology journal states that “radiation from a single whole-body scan is equal to that from 100 mammograms and is similar to that received by survivors of the atomic bombings of Hiroshima and Nagasaki, Japan – about 1 mile from the explosions – according to radiation biologist, David J. Brenner of Columbia University. The radiation from one scan is enough to produce a tumor in one out of 1200 people, and for those who have annual scans the risk increases to one tumor in every 50 people. With inadequate intracellular GSH the risk is greatly increased. The results are self evident in our increasing cancer incident reports.

Detoxification, immune response, antioxidant requirements and protection from radiation caused cellular disease – what more can be said concerning the absolute requirement for maintaining GSH at 80 to 90% active form per cell?

For cellular repair and regeneration we also depend on the organelles, where our metabolic processes occur to receive protection by the neutralization of free radicals.

These free radicals are actually produced by our cellular functions. About 2 to 5% actually escape the normal mechanisms for capture. This is where GSH comes to our rescue. Before the instability of the free radical can stabilize itself by damaging the organelles in the cell, glutathione provides a stabilizing hydrogen ion and prevents cellular damage.

The final responsibility of GSH is as a participant in apoptosis. Apoptosis is the programmed cell death that is set into motion when the cell steps out of normal service to the body. Glutathione is necessary for cellular protection, repair and the very cornerstone for cellular healing. Remember, cellular healing means tissue healing and tissue healing means normal organ function that translates into balance, harmony and health.

## Where does GSH come from?

GSH is synthesized or made inside the cells of the body. The amino acids that make up GSH must be available for GSH production. The amino acid called cysteine is the most difficult for humans to obtain. Therefore, cysteine is called the “rate limiting” amino acid for GSH production. GSH is homeostatically controlled, both outside and inside the cell. Enzyme systems synthesize it, utilize it, and then regenerate it to keep adequate levels available at all times.

## Why is GSH so important to/for our body?

Very simple, GSH depletion leads to cell death! Cell death leads to tissue death. We have trillions of cells in our bodies. We have a tremendous ability to compensate for the loss of cells. The problem arises as to the rate of cell death, the replacement of those cells and the health of the cell with less than normal amounts of intracellular GSH.

## How does GSH function in our body?

GSH exists in two forms, the active or reduced form (GSH) and the used/now inactive oxidized form (GSSG). The GSH/GSSG ratio may be a sensitive indicator of oxidative stress. The reducing power of GSH is a measure of its free-radical scavenging capacity.



Reducing power is also the KEY to the multiple actions of GSH at the molecular, cellular, and tissue levels. It is the reducing power of GSH that creates its effectiveness as a systemic antitoxin. The active form of GSH inside the cells is usually around 90% with the oxidized or inactive form rarely exceeding 10%. It is when reduced GSH levels fall and the inactive or oxidized levels rise that the protective capability and therefore the health of the cell declines. Once the GSH/GSSG ratios change significantly, the cell is vulnerable to attack both from internal processes and external dangers, i.e. toxic challenge and microbial attack, just to identify a few.

There are two major functions of GSH, as an antioxidant and a systemic protectant. These functions are identified as important for:

(a) Antioxidant protection within the cell, especially in the nucleus where DNA and RNA must be protected

(b) As a protectant from toxic materials, especially the liver and lung. The liver must break down and conjugate toxic compounds preparing them for excretion/discharge from the body. The first two phases of this conjugation or preparation depends on GSH for its completion. In the lung, where the second highest concentration of GSH exists, we are continually under siege from inhaled toxic material. It is in the epithelial lining fluid that GSH waits to actually capture these cell damaging free radicals, before tissue damage occurs and disease ensues. The renal kidney function also needs protection from free radical and toxic challenge. The heart, which has multiple times the mitochondria in each cell producing the energy needed for the continued contraction of that muscle, produces multiple times the free radicals and therefore each free radical must be stabilized by GSH.

(c) The Immune System: GSH also plays a major role in the rapid monoclonal expansion/response of our immune system. When a microbial invader presents itself the immune response gears up for the attack and defense of our cells. Whenever rapid cellular replication

occurs the energy produced for this replication has, as a byproduct, large numbers of free radicals produced. If these free radicals are not neutralized then damage occurs and the cell is unable to respond to the demands for replication. This especially involves the lymphocytic, NK (natural killer) cell component of our defense system.

GSH is very important in the antigen presenting cells needed for the modulation of Th-1 or helper cells. These cells are extremely important in our defense against viral and cellular cancer changes.

Antioxidant protection within the cell, both in the cytosol and in the nucleus. GSH is called the "master antioxidant" and is produced within the cell. The ROS or reactive oxygen species are collectively called free radicals. These ROS are highly reactive substances and if not neutralized will damage or destroy key cellular components such as the cell wall or membrane, DNA or RNA in milliseconds. These ROS are generated in the mitochondria, which are located inside each cell. These mitochondria are the batteries that provide the power/energy for the cells to operate. ROS or oxyradicals can also come from environmental chemicals or pollutants, food, impure water as well as radiation of various types. Another major function of GSH is to recycle other antioxidants such as vitamin C, a water phase antioxidant, and vitamin E a lipid phase antioxidant. This reduces these antioxidants so they can go back to capture other free radicals.

## How does GSH help the body prevent disease?

The cellular level of GSH changes as you go through the day. Stress, microbial attack, cellular cancer change, cellular degenerative change, traumatic change, exercise change, changes of aging, lack of nutritional support and lack of supplementation all effect the homeostatic control mechanism that has the responsibility to maintain effective levels of intracellular GSH.

When the level of GSH declines or the GSH/GSSG ratio changes the cell involved begins to experience damage. Depending on the type of cell involved dictates the type of tissue involved which dictates the organ system involved. Depending on which organ system that suffers will dictate the disease process or type of diseases that then may occur.

Where the cell is involved with oxidative damage you will see these oxidative related diseases: accelerated aging, cell destruction, compromised immune response, cancer, arteriosclerosis, coronary artery disease, Parkinson's disease, diabetes, cataract formation, macular degeneration, emphysema/COPD, allergy/asthma, stroke and Alzheimer's to list only a few.

We discussed the importance of GSH in relation to our immune response. Every day research is uncovering more intricate details of how GSH functions in this very sophisticated integrated response and defense system. It is so very important for each of us to have an immune response that is capable 100%. We are under attack at all times, day and night and it does not take much to alter that response just a few percentage points and then the result can be disastrous.

Some of the immune system related diseases are: viral infections, i.e. sudden acute respiratory syndrome (SARS), hepatitis, HIV/AIDS, herpes, common cold, bacterial super infections, the autoimmune diseases and cancer, just to name a few of the diseases.

In our environment, especially over the last 10 years, the prevalence of environmental toxins has finally been recognized. Recognized not only as secondary to toxins in our air but also in the food we eat and in the liquid we drink. When you breathe, eat or drink you are exposed to disease providing toxins. In fact, current research is identifying and relating intracellular toxic burden with disease, disease that often times cannot be helped by mainstream medicine are being successfully treated by enhancing the body's ability to convert the damaging

chemical substances into harmless conjugates that the body can eliminate. Once this burden is removed from the cell, a normal function many times can be restored.

Toxic related diseases: emphysema, liver disease, liver cancer (which many times is a natural progression of compromised liver cells), bladder cancer, kidney and liver failure, colon inflammation and colon cancer and multiple environmental illnesses.

Known toxins include cigarette smoke, carcinogens, auto exhaust, drug usage (both medicinal drugs as well as street drugs), chemotherapy and radiation treatments.

Finally, but not inclusively, some of the radiation related diseases are: skin cancer, DNA damage, eye damage, sunburn and many skin related disorders.

## What causes a decline in levels of GSH?

Dietary intake of GSH rich foods is minimal at best. Those people who do not eat live fruits and vegetables but the typical American or western diet, will not increase their GSH levels. Then, as the aging process progresses there is a slow decline in the cellular synthesis of GSH. The GSH "pool" is not infinite and if not replaced or maintained, will result in levels of GSH that cannot carry the burden or responsibility of GSH function.

Exercise causes a decline in intracellular GSH as the GSH is utilized in mitigating the enormous production of free radicals occurring with the exercise process. The free radicals of energy production are increased, respiratory rate is increased so the epithelial lining fluid (ELF) pool of GSH is challenged. The utilization of calories for energy also obligates the GSH pool.



## How can I increase my levels of intracellular GSH?

The first step is to evaluate your lifestyle. Are you a smoker? Do you live with significant stress? Does your diet provide live enzymatically rich fruits and vegetables?

Do you supplement with a full spectrum of minerals, vitamins, essential fatty acids and the extracellular antioxidants? This being the foundation of your daily existence you then need to provide the GSH substrates that have been proven to increase the intracellular production or synthesis of GSH. Do not take the free amino acid cysteine as that is not delivered to the cell wall where it can be utilized in GSH synthesis.

Also, do not waste your money taking Glutathion. Glutathion as a tripeptide does not traverse the stomach and intestinal tract in large enough amounts to influence the synthesis of GSH in beneficial amounts. Systemic availability of oral Glutathion is negligible in man, and because there is no evidence for transport of GSH into cells, then it must be synthesized intracellularly. The NAC (N-Acetylcystine) can be used intravenously to increase GSH but only for a few days as the byproduct of this method of delivery actually produces toxins.

Therefore, the proven, non-toxic and safe method to increase intracellular GSH is by utilizing the substrates which produced the glu-cys residues in sufficient amounts to be impactful. What takes place is the cystine in GSH (which is two cysteines linked by a double sulfa bond) released during digestion in the gastrointestinal tract is more stable than the free cysteine, because the disulfide bond is pepsin and trypsin resistant and therefore these enzymes are unable to break down this amino acid during the digestive process. This then allows the cysteine to be delivered to the cell where it is then utilized in the synthesis of GSH.

## Why is GSH the Secret of Great Health?

Anyone who desires to function at maximum capacity and to protect him or herself against disease needs to incorporate precursors for the production of glutathione such as high grade undenatured whey protein isolate compositions such as GSH Complex® into their daily routine.

There are no guarantees concerning our health just as there are no guarantees concerning our finances, but each one of us makes plans to meet our financial responsibilities, and when things change we adapt and change. If you have a health adversity you will require changes in your lifestyle and in the amounts of intracellular GSH. The same process applies to stress, infection, exercise and aging. Your body is dynamic and you need to recognize that nutritional demands change with your daily environment and circumstances.

Do not allow your body, the most sophisticated, integrated and magnificent machine, to fail because you do not provide it with what it needs...the right substrates!

**Dr. Robert Bender, MD, FAAFP**

Medical references for this article available on [www.nutraxis.com](http://www.nutraxis.com)

## What is Glutathione (GSH)?

Glutathione also known as (GSH) is reputed to be the body's "master antioxidant" and an important healing agent. It is a protein naturally occurring in the body, with the important role of protecting cells, tissue and organs from aging and disease.

While some studies are conclusive in terms of providing these basic health benefits, other ongoing studies are looking at the significant

potential (GSH) may have in other areas. High levels of glutathione, for example may protect against the dangers of cancer, heart disease, premature aging, autoimmune diseases and chronic illnesses. Intracellular (GSH) levels appear to be a sensitive indicator of the cell's overall health and its ability to resist toxic challenges.

The reality is that glutathione is being depleted from our bodies on a daily basis, and even more in people who are exposed to oxidative stressors such as: smoking, pollution, dietary deficiency, pharmaceuticals, radiation, bacterial and viral infections and alcohol consumption.

## Glutathione in health and disease

It is believed that glutathione has an important role to play in the prevention of hundreds of diseases. It may in the future be considered as important to health as a well balanced diet, exercise and a good lifestyle. Clinical tests show that raised glutathione levels may address some major health issues of our time such as heart disease, stroke, diabetes, high cholesterol, asthma, cigarette smoking, hepatitis, AIDS and more. Glutathione provides the body with tools to fight these threats naturally. Healthy people also benefit from raised glutathione levels through an enhanced ability to fight off toxins, infectious disease, pre-cancerous cells and the aging process itself. Diminished glutathione levels are a symptom of aging and are particularly evident in such ailments as Parkinson's disease and Alzheimer's disease. Glutathione is also important to physically active people. Many world class athletes are discovering that well maintained glutathione levels give them an edge over their competitors, bringing greater strength and endurance, decreased recovery time from injury, less muscle pain and fatigue, and muscle promoting activity.

As an essential component to good health, glutathione works as the master antioxidant in our body, optimizes the immune system and detoxifies a long list of pollutants and carcinogens. However, the body's glutathione levels are not raised by consuming glutathione, since it is

poorly absorbed through the digestive system. It must be manufactured within the cells of the body. Therefore, the best way to raise glutathione levels is to provide the building blocks needed by the cells to produce it at the cellular level. GSH Complex® provides these building blocks.

## Possible therapeutic applications of raising glutathione levels

### **Aging**

Parkinson's, Alzheimer's, cataracts, prostate problems, osteo arthritis, macular degeneration

### **Cardiovascular**

Heart disease, Stroke, Atherosclerosis

### **Digestive System**

Inflammatory bowel, hepatitis, malnutrition, pancreatitis, ulcers

### **Toxicology**

Detoxify pollutants such as cigarette smoke, auto exhaust, industrial pollutants. Detoxify toxins absorbed through diet such as heavy metals and pesticides.

### **Immunology**

Fortifies immune system enabling body to fight infectious diseases such as AIDS, hepatitis, herpes, common cold etc..

### **Metabolic**

Athletic enhancement, decreased recovery time from physical stress, diabetes, improved liver function

GSH Complex® is a tri-peptide formulation made from fresh dairy whey. A natural product with no known side effects, it contributes to maintaining your health in a variety of ways.

### **Antioxidation:**

In addition to helping neutralize free radicals that cause oxidation, GSH Complex enhances the process whereby the body recycles antioxidants that have been oxidized. By stimulating the body's natural production of glutathione, GSH Complex® helps to maximize the efficacy of other antioxidants including vitamins C and E.

### **Immune system regulation:**

By promoting the production of glutathione, GSH Complex® supports the immune system, the body's first line of defense in its battle against viral and bacterial infections such as colds and flu. It also plays a key role in protecting against the production and growth of abnormal cells.

### **Detoxification:**

By stimulating the production of glutathione, GSH Complex® optimizes liver function by helping to neutralize toxins such as environmental pollutants, industrial pollutants and heavy metals much more efficiently.

### **Radiation protection:**

Exposure to sun rays and ultraviolet rays foster the production of hydroxyl radicals, the most reactive and damaging free radicals there are. These radicals can also undermine the body when natural radioactive minerals are ingested as part of your daily diet. As a precursor for glutathione production and synthesis, GSH Complex® helps to protect against the negative effects of radiation. We are exposed to radiation every day in various forms such as cell phones, microwaves, sun rays etc.

## The next leader in high grade whey protein production

Nutraxis has one of its most outstanding product: GSH Complex® formulated for superior quality and to meet the growing demand for scientific based nutraceutical and nutritional supplements. GSH Complex acts as a precursor for the production of glutathione at the cellular level.

### Quality first!

GSH Complex® proteins provide amino acids that are required for growth and maintenance of the human body. However proteins from different sources are composed of different amino acids. Because of the differences in composition, not all proteins meet the needs of the human body. It is important to determine the quality of proteins that are used in formulation of natural health products.

The Food and Agriculture Organization (FAO) one of the UN organisation has established a method to compare the quality of various proteins based on the amino acid requirements of humans. This method known as the protein digestibility corrected amino acid score (PDCAAS), is now internationally recognized method. According to this method, an ideal protein that meets all the essential amino acid requirements will have a value of 1. PDCAAS values greater than 1 indicate a high digestibility and a high ratio of amino acid profile compared to FAO's reference profile. When GSH Complex® has been measured using PDCAAS method by independent laboratories, GSH Complex® exceeds the PDCAAS value.



## Provida CVET™ Broad Spectrum Peptide Technology

Provida CVET™ is a unique proprietary process developed by our scientific team backed by 20 years of knowledge. Provida CVET™ enhances a balance of specific peptides formulated to improve cellular vitality. This makes GSH Complex® the only well balanced protein peptide fuel of its kind for your cells!

*"In terms of daily diet supplementation, GSH Complex® has now taken on the status of a super food for promoting optimal health, for possible prevention of disease and for its potential as an anti-aging agent."*

**Dr. Robert Bender, MD.,FAAFP**



We create the proper environment for your body to be healthy.



### Are you a **health care** professional?

**Inquire about our professional program**

1-888-968-3592 or [info@nutraxis.com](mailto:info@nutraxis.com)

## Frequently asked questions.

How does the manufacturing of GSH Complex® 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 broken, thus destroying or diminishing the very proteins that serve to raise glutathione levels most effectively. We have developed a process, Provida CVET™ in which these delicate proteins remain intact and enhance the bio-availability of these proteins.

What is the difference with products or pills that people use as 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® is a natural delivery system of cysteine and other essential amino acids needed for glutathione production to the cell, allowing the cellular levels of glutathione to increase.





## What is the difference between taking GSH Complex® and other antioxidants?

GSH Complex® 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 are exposed to. Glutathione has been shown to act as an effective protector against ultraviolet light, an issue of great concern due to the continued loss of the ozone layer.

## Can a person who is lactose intolerant take GSH Complex®?

Yes, GSH Complex® contains less than 1% lactose, which will not create any negative side effects even in the most severe cases of lactose intolerance.

## Who should not take GSH Complex®?

People with an allergy to milk proteins, which is rare. Please note that "lactose intolerant" is not a milk allergy. Also people who have had organ transplant and are receiving immunosuppressant therapy should not take GSH Complex®.



## Should I consult my physician?

GSH Complex is classified as a natural health product in Canada and in the USA. There are no contra-indications with this product except for those mentioned in above question. Other than in these rare case every one should consider using GSH Complex®. However you should always consider your physician's advice very carefully.

## What is the recommended intake of protein for the average adult?

130-140 grams of protein per day.

## Is GSH Complex® priced competitively?

Most definitely. Although a common mistake is to compare GSH Complex® to lower grade whey proteins created for body building. There are a host of whey proteins on the market today ranging from the very inexpensive whey used to hold cupcakes together, to the body building grade to the isolate composition with therapeutic properties, which is what GSH Complex® offers. GSH Complex® is composed of the highest grade whey protein isolate available on the market today at a very competitive price.



## Introducing GSH Complex Plus™ portable and convenient

We have now created a more convenient way for you to take your GSH Complex®, especially for those who live in the fast lane! GSH Complex Plus™ is our new chewable tablet version of our GSH Complex®, with even more power to rid your body of toxins. Recent research has shown that Selenium an active ingredient in GSH Complex Plus™ may help with several health issues functioning as a cofactor for GSH.

Its health benefits have also been linked to helping with degenerative disease as well as being a strong antioxidant. GSH Complex Plus™ has many naturally occurring vitamins and minerals that help your body function through synergy and regeneration. Your primary precursor to Glutathione production is now convenient and portable! It can't get any easier to remain in great health and be full of energy!

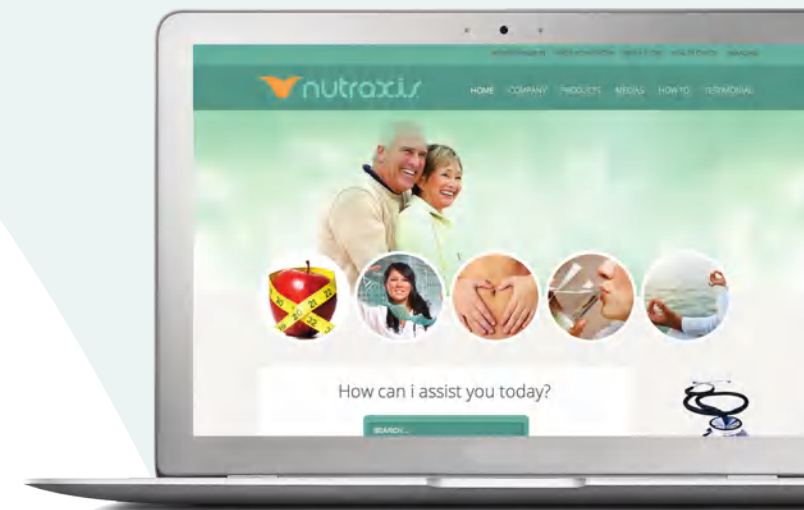


Stressed, Fatigued, Depressed?

Asthma, Allergies?

Cough and Cold, Flu and Congestion?

## Protect Yourself!



Visit our website for more information on how we can help to prevent these symptoms.

Visit us at...

  
[www.nutraxis.com](http://www.nutraxis.com)

## Testimonials

Please note that we don't alter or correct any of the testimonials.



**Rose** - Summary of my health throughout my life.

I was born into a family of 15 children, life was difficult in these times, and meals were not always well balanced. At 15 years old, I had tuberculosis and at 26 years old I was operated on for a tumour on an ovary which was tubercular, I was hospitalized for 1 month in the Royal Victoria

Hospital. Following this operation I had gained 15 pounds, the doctor said to me that it was because of my glands. I had to go on a diet to lose this weight because if I continued gaining weight with my bone structure, I could reach 400 pounds, this was my fear.

I followed all the diets and lost my health, towards the age of 55 years I had breast cancer and cysts, it was the day before my operation that my home caught on fire. There I said to God, it is not the time for me to die, my husband needs me too much, and he surely listened to me. At 80, I had another present of life, cancer in the other breast, I was sure that it was my end, I looked at everything negatively. I was once again depressed. I prayed to God, I asked him to introduce me somebody who can help me. The same day I saw the advertising for GSH Complex on the television, made by Robert. For me, it was the answer to my prayers. I sent for the product.

After taking GSH Complex my thoughts were not the same any more, I had more energy, I was more positive and I had even more creativity, I wanted to live. My arm, that was practically paralyzed and which prevented me from enjoying my favourite pastime, started to function again. Since, I started painting, I have my painting school, I do some gardening, I do volunteer work, I help my husband in his business. My days begin at 5:30 in the morning and end very late. I am very happy, I am now in my 83rd year. In closing I must say to you that GSH Complex is a marvelous product which is part of my life now.

Thanks to Robert,

**Rose Simard**, Pointe-Aux-Trembles

## Norman L

Before I started with GSH Complex® I was prone to catch several bad colds every winter season. Now after more than two years of taking the product, I haven't been sick for a single day and my energy level is incredible.

**Norman. L**, Montreal

## Marisol

When I was 19 years old I got Hepatitis B. As you probably know this is a serious disease that damages your liver and makes you feel tired and often sick if you eat the wrong foods or have a glass of wine. I often felt that way until we discovered GSH Complex.

It really changed my life. I feel energetic and I can eat all kinds of different foods without feeling sick the day after. What a great feeling it is to feel healthy and strong. I also would like to take the opportunity to give our cat Mazie's testimonial. We have a wonderful 4 year old cat that has FIV or AIDS. Animals have the same symptoms as humans.

As you know the immune system gets very low and you experience liver problems, diarrhea, vomiting, weight loss, loss of appetite and so on. He went from 14 lbs. to 7 lbs. and our veterinarian told us he was going to suffer and get worse. We decided that if GSH Complex works for us it would work for him. After only 1 month he was back up to 13 lbs. and today he is 15lbs and doing great.

**Marisol**, Ontario

## David

My name is David, I am a 39-year-old male that has suffered from high blood pressure and anxiety for the last two years. My doctor had put me on prescriptions for both high blood pressure and the anxiety. He had said that I would most likely be taking them for the rest of my life. After the two years on the medications, I was desperate to find another solution, with all the side effects from the medications, I realized that I could not do this for the rest of my life. While researching for alternative methods to control my health situation, I was referred to Dr. Bob Bender. We met in November 2004, and little did I know then, that my life from that day forward would drastically change.

Dr. Bender had informed me about the health benefits of GSH Complex® along with eating a nutritious diet and that I had a good chance to get off of all my prescription medications. I began taking the GSH Complex® that day as well as changing my diet. I continued taking the GSH Complex® twice daily, drinking two 8 oz glasses of water along with a healthy diet and exercise program. As of January 2005, I have reduced my blood pressure medication by half, and I have not taken anxiety medication since December 2004. I have recently seen my family doctor for a complete check up. Not only is he amazed at my blood pressure on only half of my medication, but he is amazed at my cholesterol results as well. Dr. Bender has not only helped me with my internal health, but my physical and mental health as well. With the use of GSH Complex® I feel healthier than I have in years. I am grateful for a natural alternative to live a healthy life.

Thanks Nutraxis.  
**David**, Quebec

## Nancy

All of my life I have had bronchitis, allergies, congestion and have lived on over the counter products. Fortunately, I was not on any prescription medication so I had just always put up with the continual nasal discomfort. At age 60, I was feeling pretty smug that I "didn't need any prescription medicine!" After meeting and talking with you, I learned that GSH Complex® had the potential to help me at the cellular level continue to age gracefully and stay away from prescription medicines.

Thinking that I was just maintaining my "non-doctor" status, I began taking GSH Complex® about 6 months ago. About 3 months later - I was amazed to find that I had no congestion, sinus pain or discomfort. Now, I do not catch colds, can stand next to someone wearing perfume without drastic reaction and find sinus headaches a thing of the past! Also now I can walk outside at all times of the year without experiencing allergies - And I have high energy levels as well. Thank you for the knowledge to live a healthy lifestyle and for products that motivate my body to function so efficiently.

**Nancy**, Montreal

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## Perry Comeau

I am an anemic person and before I took the GSH Complex every day, I was at the hospital every month for a blood transfusion. Now, believe it or not, it has been ten weeks that I did not have any transfusion.

Thank you Nutraxis.  
**Perry Comeau**, Shawinigan

### Nathalie T.

I was diagnosed in the early 1990's with Fybromyalgia, inherited weak adrenal glands and complete nervous exhaustion. Since this time I've struggled with a limited ability to cope with physiological stress and very little R.E.M sleep leading to chronic anxiety, depression and concentration and memory problems.

Since I've started with GSH Complex® and after 4 weeks of maintaining a 3-scoop a day dose, I have for the first time in many years been able to have a full night of uninterrupted sleep to wake up feeling rested with energy. My joints no longer snap in and out of place as before. My ability to retain information and concentration is better than ever. The chronic anxiety in my chest is 75% relieved.

**Nathalie T.** Longeuil

### Ross G.

My name is Ross G. I had three strokes by the age of 47. Then recently I had a heart attack. The drugs I was on had many counter indications. The most disturbing was the Blood Pressure medication, which destroyed my ability to perform sexually. Two weeks after getting on the GSH Complex® it was like I was 18 again.

The counter indications were gone.

Thanks Nutraxis

**Ross G.** Ontario

### Sherry Harris

For 20 years I have suffered with a myriad of health problems. When I try a new product, I am always excited thinking this is the one that will make the difference. I am usually disappointed. But after taking GSH Complex®, my health and energy were back. I began to see results two days after I started taking GSH Complex®. I generally felt tired before, but having taken GSH Complex® my energy level is much improved. Sometimes I will even take it twice a day for optimal results!

**Sherry Harris,** Ontario

### Steve M.

"My wife has battled Lupus, Fibromyalgia, Raynaud's disease and other conditions for about ten years. She was in constant pain, and suffered continually. Even while she slept, I would see her grimace in pain. After she had been on GSH Complex® for 11 days, I am happy to report that I have my wife back again. She is smiling, happy, energetic, and is enjoying life again.

We're STAYING on GSH Complex® !"

**Steve M.,** Oregon

## Glossary

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"I measure success in terms of the contributions an individual makes to her fellow human beings."

Margaret Mead

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