

Max GXL Ingredients

Serving Size – 3 capsules (56 servings per box) – take 1 pkg in the am, one in the pm – comments next to the ingredients are those of a friend who likes to analyze this

Amount per serving

Vitamin C (as Calcium Ascorbate) – 250mg

N Acetyl Cysteine – 375mg

I-glutamine – 750mg

N Acetyl D-Glucosamine – 125mg

Quercetin – 37.5mg

Milk Thistle Extract (Silybum marianum 80% Sylimarin) – 25mg

Alpha Lipoic Acid – 75mg

Cordyceps – 300mg

Conjugated Linoleic Acid – 100mg

Other ingredients – gelatin capsules ¶ This will change to vegetable capsules soon¶

SUPPLEMENT FACTS for MAX GXL

The Glutathione Precursor

*Below is a synopsis of each of these ingredients individually to give more of an idea of the synergy of this product. MAXGXL uses the highest grade (gst grade), of each ingredient in a synthesized and patented formula that together works wonders on the human body by promoting and enhancing the body's production & use of it's most important antioxidant, **Glutathione**.*

Vitamin C (as calcium ascorbate) 250mg

Calcium Ascorbate is an optimal nutritional supplement that combines Ascorbic Acid (Vitamin C) with Calcium Carbonate. By combining these two dietary ingredients, it is a buffered source of Vitamin C that will not contribute to gastric irritation in sensitive persons.

N Acetyl Cysetine 375 mg

N-Acetylcysteine is derived from the sulfur-containing amino acid, cysteine. It is produced naturally in the body and is also obtained from the diet. Along with glutamic acid and glycine NAC is a precursor to glutathione, which is the body's most important cellular antioxidant. Proponents of NAC find that NAC is an immune enhancer; prevents and treats cancer; detoxifies heavy metals; treats smoker's cough and bronchitis; prevents heart disease; slows progression of HIV; relieves hangover symptoms; reduces exercise fatigue. It is used as a supplement for bronchitis, HIV infection, cystic fibrosis, cancer chemotherapy support, acetaminophen poisoning, heavy metal poisoning, and septic shock.

I-Glutamine 750 mg

This is the most abundant of the amino acids in the human body. Its main storage site is in the musculature, where about 60% of all the unbound amino acids are glutamine (glutamine makes up a smaller percentage of muscle protein, the main bound form). Glutamine has been called a "conditionally essential" nutrient, because it is non-essential in normal situations (manufactured by the body in adequate quantities; not required in the diet), but in illness or injury becomes insufficient (there is then a need for supplementation from the diet or other sources).

N Acetyl D-Glucosamine 125 mg

Used to strengthen immune function & is one of the building blocks of joint tissue and other connective tissues .In certain studies has been known to restrain and treat cancer. As to all kinds of inflammations, it is able to aid in

¹ The above mentioned benefits were referenced directly from the MAX- GXL. (Patent # **6,262,019**)

therapy effectively. And also bone arthritis and joint pains have been reduced with using it alone or together with MSM.

Quercetin 37.5mg

This is an anti-oxidant that belongs to a group of plant pigments called flavonoids that are largely responsible for the colors of many fruits, flowers, and vegetables. Flavonoids, such as quercetin, provide many health-promoting benefits. They act as antihistamines (which are useful in reducing allergy symptoms) and help reduce inflammation associated with various forms of arthritis. Quercetin also works as an antioxidant by scavenging damaging particles in the body known as free radicals. These particles occur naturally in the body but can damage cell membranes, interact with genetic material, and possibly contribute to the aging process as well as the development of a number of conditions including heart disease and cancer. Antioxidants such as quercetin can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

Milk Thistle extract 25mg (Silybum marianum)

Milk Thistle has been used since Greco-Roman times as an herbal remedy for a variety of ailments, particularly liver problems. In the late 19th and early 20th centuries physicians in the United States used milk thistle seeds to relieve congestion of the liver, spleen, and kidneys. Today, several scientific studies suggest that active substances in milk thistle (particularly silymarin) protect the liver from damage caused by viruses, toxins, alcohol, and certain drugs such as acetaminophen (a common over the counter medication used for headaches and pain; acetaminophen, can cause liver damage if taken in large quantities or by people who drink alcohol regularly.)

Alpha lipoic Acid 75mg

Quite Possibly the "Universal" Antioxidant. The body needs ALA to produce energy. It plays a crucial role in the mitochondria, the energy-producing structures in cells. The body actually makes enough ALA for these basic metabolic functions. This compound acts as an antioxidant, however, only when there is an excess of it and it is in the "free" state in the cells. But there is little free ALA circulating in your body, unless you consume supplements or get it injected. Foods contain only tiny amounts of it. What makes ALA special as an antioxidant is its versatility—it helps deactivate an unusually wide array of cell-damaging free radicals in many bodily systems. In particular, ALA helps protect the mitochondria and the genetic material, DNA. As we age, mitochondrial function is impaired, and it's theorized that this may be an important contributor to some of the adverse effects of aging. ALA also works closely with vitamin C and E and some other antioxidants, "recycling" them and thus making them much more effective.

Cordyceps 300mg

Cordyceps sinensis, known in China as Dong Chong Xia Cao ("Summer Grass, Winter Worm") and in the West as Cordyceps or The Caterpillar Fungus, has long been used in Traditional Chinese Medicine for the promotion of cardiovascular, sexual and immune system health and as a general energizing tonic. TCM have used it to treat fatigue and other ailments for 1,500 years.

Conjugated linoleic acid 100mg

A naturally occurring free fatty acid. Used in small amounts it is a newly discovered good fat that may be a potent cancer fighter. In studies, very small amounts of CLA have blocked all three stages of cancer: 1) initiation, 2) promotion, and 3) metastasis. Most anti-cancer agents block only one of these stages. What's more, CLA has slowed the growth of an unusually wide variety of tumors, including cancers of the skin, breast, prostate, and colon. Also know to aid in weight loss and the conversion of fat to lean muscle mass and is used extensively by body builders and weight loss professionals. So it is a naturally occurring nutrient with the ability to help you pack on lean muscle, reduces body fat and at the same time possesses health promoting properties.