



## Pro Whitz

### Glutathione (GSH)

Glutathione (GSH) is a kind of antioxidant that consists of 3 important amino acids, **Cysteine**, **Glutamic Acid** and **Glycine** which are normally produced by the body in response to protect the body from pollutions in air, water and chemicals in food that causes damage to cells.

Glutathione prevents significant damage to cell components caused by oxidation at the cellular level.

Without the protection of glutathione, cells will decay at a faster rate, accelerating the aging process and also making the body prone to chronic diseases such as cancer.

### **Advantages and Benefits of Glutathione**

- Protect and prevent damage to body cells.
- Increases stamina and energy.
- Anti-aging.

- Strengthen body and antibodies.
- Reduces inflammation and discomfort in muscles and joints.
- Eliminate toxins in the body especially at the liver.
- Improves concentration and mental health.
- Promote better sleep cycle.
- Reduce the effects of stress.
- Improve and maintain fair, healthy skin.
- Increase stamina and improves recovery after exercise activity.
- Maintain the healthy body hence a happy life.

### **Black pepper (Black Pepper)**

Black pepper can help you lose weight because pepper can help assimilation effective in extracting all the nutrients from food.

In addition, it contains powerful phytonutrients that may stimulate the breakdown of fat in the body. This will cause the body to produce sweat and frequent urination.

Black pepper is great for getting rid of excess water and toxins from the body. All of this process will collectively help in lose weight however it is advisable to consume it in a safe minimum amount.

### **Alpha Lipoic Acid (ALA)**

Alpha Lipoic Acid (Alpha Lipoic Acid) or known as ALA is a powerful antioxidant that has many benefits to our health and body.

Alpha Lipoic Acid (ALA) is an antioxidant that is found in the cells of the body.

ALA not only can prevent cell damage caused by antioxidants but also facilitates the conversion of glucose into energy in the body.

It also can prevent diseases such as diabetic neuropathy, glaucoma and aging of the skin in favor of ALA antioxidant.

ALA will turn into a stronger form called Dihydrolipoic Acid which also helps in the formation of other antioxidants such as glutathione, vitamin C, and vitamin E.

But there are several factors that decreases the production of ALA in the body:

- Aging.
- Problems with the digestive system.
- Diabetes.
- Cataract disease.
- Lack of protein in the body.
- Weak Immune System.

**Each Capsule provides:**

L-Glutathione	250mg
Alpha Lipoic Acid	150mg
Black Pepper	50mg

**Content:**

30 Vegetarian Capsules

**Indication :**

Used as a health supplement

**Dosage :**

1-2 Capsules daily after meals.

**Storage :**

Keep in a cool dry place below 30°C.

Protect from light and moisture.

Keep away from children.

**Manufactured :** Only One Bio Trading Sdn. Bhd.

**Website :** [www.1biotrading.com](http://www.1biotrading.com)