

# Provizion GSH Product Overview

## Overview

The proprietary blend of 22 complimentary ingredients in GSH empower your body to protect and repair itself at the cellular level. Through this synergistic support and its GSH BioBlend technologies it reduces Oxidative Stress and promotes vibrant health which in turn produces longevity.

## Navigating The Ocean Of Toxins

Our daily exposure to a sea of environmental toxins has forced our bodies into a daily fight for survival. These toxins are everywhere – from the sun, to the air we breathe, to the water we drink, and the food we eat. This ocean of toxic substances permeates almost everything within our environment, bringing upon our bodies enormous oxidative stress that can cause premature aging and other issues to many areas of our health.

## Our Amazing Composition

Our body's are amazing machines run by the interaction of trillions of cells that make up our organs, systems, glands, and nerves. To protect this living organism the body has its own set of intricately formed systems – specifically the defense and the antioxidant systems. By properly and daily supporting these systems through proper nutrition and lifestyle choices the body has the ability to restore, rejuvenate, and protect itself. But if this outside support of these systems is neglected or impaired, our bodies can be overcome by the increasing pressure of those multiplied toxins and free radicals. Oxidative stress begins to set into our cells and causes damage.

## Glutathione & Your Body

Provizion GSH offers a unique and powerful fusion of technologies focused squarely on supplying you with the antioxidants you need - primarily Glutathione - to detoxify and strengthen your body at the cellular level. The 5 core ingredients listed below, together with the other 17 ingredients in our formula may support the body's natural\*:

1. Detoxification
2. Systems of Defense
3. Rest & Restorative Sleep
4. Mental Performance & Clarity
5. Optimization of Energy Levels
6. Athletic Ability & Performance Recovery
7. Protection from The Harmful Effects of Stress
8. Revitalization of The Skin & Youthful Appearance

\*Everyone's individual environments, stress levels, diets, sleep cycles, and exercise routines will have an effect on how much and how quickly GSH may produce these results.

## Provizion GSH BioBlend Includes:

### 1. N-acetyl L-cysteine (NAC)

NAC is a proven precursor for the production of glutathione by our cells, and thereby supports the antioxidant qualities of detoxification and neutralization of free radicals.\*4

### 2. Bioavailable L-glutathione

A powerful antioxidant that's made in all of the body's cells. Its levels decrease as a result of aging, stress, and toxin exposure. Boosting this form of glutathione provides many health benefits, including reduction of oxidative stress.\*5



\$69<sup>USD</sup> Retail +50PV  
\$59<sup>USD</sup> Wholesale & RSS  
\$49<sup>USD</sup> SmartShip (SS)

## Supplement Facts

Serving Size 2 Capsules, Servings per Container 30

Amount Per Serving	% Daily Value
Calories	5
Vitamin C (as Ascorbic Acid)	105 mg 117%
Vitamin E (as d-Alpha Tocopherol)	11 mg 73%
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	5 mg 294%
Folate (from Calcium L-5-Methyltetrahydrofolate)	200 mcg DFE 50%
Vitamin B12 (as Methylcobalamin)	250 mcg 10417%
Biotin	2.5 mcg 8%
Zinc (as Zinc Citrate)	7.8 mg 71%
Selenium (as Amino Acid Chelate)	2 mcg 4%

<b>GSH Support Blend</b>	639 mg	†
L-Glutamine, N-Acetyl-D-Glucosamine (Vegan), L-Glycine, Alpha Lipoic Acid, Quercetin Dihydrate, Milk Thistle Seed Extract, Cordyceps Extract		
<b>GSH BioBlend</b>	685 mg	†
N-Acetyl-L-Cysteine, L-Glutathione Reduced, S-Acetyl-L-Glutathione, Organic Aloe Vera Powder (Inner Leaf), Superoxide Dismutase		

† Daily value not established

**Other Ingredients:** Hypromellose, Magnesium Stearate, Silicon Dioxide

Manufactured Exclusively for Provizion Global  
901 Sam Rayburn Hwy • Melissa, TX 75454



## 3. Bioavailable S-Acetyl-glutathione (SAG)

Though GSH has been known for many decades, the vast majority of glutathione supplements are never absorbed by the blood or our cells. This is because the fragile GSH molecules are broken down in the digestive system. Our SAG and L-glutathione are processed to flow through the digestive system and into the blood.\*15

## 4. Aloe Vera Mannose Acemannan

The gel within the leaf of the Aloe Vera plant contains over 200 compounds and an arsenal of phytonutrients with proven antioxidant properties. Aloe has been used for centuries for assisting the body with relief from a variety of physical issues including cuts and burns. Its primary effect is that of causing an immediate and profound cellular defense response when applied or ingested by humans. 11 Provizion GSH uses a proprietary derivative of aloe gel which contains polymannose, a unique polysaccharide. Acemannan in combination with other nutrients in clinical studies displayed mental function support.\*7

## 5. Superoxide Dismutase (SOD)

SOD is an antioxidant enzyme. Every cell contains some and needs it as part of the body's antioxidant defense system. It is vital for the reduction of oxidative stress. In clinical trials it showed improvements in physical and mental fatigue, forms of perceived stress, and contributed to an overall improvement in the quality of life.\*2

Please consider visiting the U.S. National Institutes of Health website, PubMed.gov, to review the multitude of peer reviewed published information and research related to our GSH ingredients:

1. [N-Acetyl L-Cysteine \(NAC\)](#)
2. [L-Glutathione \(GSH\)](#)
3. [S-Acetyl-L-Glutathione \(SAG\)](#)
4. [Aloe Vera Mannose Acemannan](#)
5. [Superoxide Dismutase \(SOD\)](#)

# Provizion GSH Product Overview

## Synergistic Ingredients

### 1. Vitamin C

This is a powerful antioxidant that is a needed support to the immune system and a chief assistant to the activity of GSH in stopping free radical activity in our cells. Vitamin C also is needed in the regeneration of vitamin E, which allows E to prolong its positive protective effects. C must be replenished from our food and supplements.\*<sup>13</sup>

### 2. Vitamin E

Vitamin E must be supplemented. It can stop the creation of free radical chain reactions. E is a fat-soluble vitamin and is especially effective in halting oxidation of certain fats, such as LDL cholesterol.\*<sup>13</sup>

### 3. Vitamin B-6

B6 plays an important role in the body. It is needed to maintain the health of nerves, skin, and red blood cells. It also serves as a coenzyme catalyzing more than 150 enzymes regulating metabolism and synthesis of proteins, carbohydrates, lipids, and important bioactive metabolites.\*<sup>19</sup>

### 4. Vitamin B-7

B7 is used by the body to metabolize carbohydrates, fats, and amino acids. Biotin also regulates immunological and inflammatory functions.\*<sup>20</sup>

### 5. Vitamin B-9

B-9, also called folate or folic acid, is important in red blood cell formation and, for healthy cell growth and function. The nutrient is crucial during early pregnancy to reduce the risk of birth defects of the brain and spine.\*<sup>21</sup>

### 6. Vitamin B-12

B-12 is a nutrient that is required for proper red blood cell formation, neurological function, and DNA synthesis.\*<sup>22</sup>

### 7. Zinc Citrate

Zinc can act as an effective anti-inflammatory and antioxidant agent and is found in cells throughout the body. It is needed for the body's defensive (immune) system to properly work. It plays a role in cell division, cell growth, wound healing, and the breakdown of carbohydrates. Zinc is also needed for the senses of smell and taste.\*<sup>23</sup>

### 8. Selenium

Selenium is a powerful mineral that is essential for the proper functioning of your body. It plays a critical role in metabolism and thyroid function and helps protect your body from damage caused by oxidative stress.\*<sup>13</sup>

### 9. L-Glutamine

L-Glutamine is one of the most important nutrients for a healthy digestive tract because of its ability to maintain the integrity of the intestinal wall. This amino acid (in fact it's the most abundant amino acid in the body) heals all tissue in the body, especially those irritated tissues in the digestive tract.\*<sup>24</sup>

### 10. N-Acetyl D-Glucosamine

N-Acetyl-Glucosamine is thought to alleviate joint stiffness and pain, and protect the lining of the stomach and intestines.\*<sup>6</sup>

### 11. L-Glycine

Your body needs glycine to make important compounds, such as glutathione, creatine and collagen. This amino acid may also protect your liver from alcohol-induced damage and improve sleep quality and heart health.\*<sup>3</sup>

### 12. Quercetin

Quercetin can help stabilize the cells that release histamine in the body and thereby have an anti-inflammatory and antihistamine effect. Quercetin also has antioxidant capabilities.\*<sup>25</sup>

### 13. Alpha Lipoic Acid

This ingredient has the ability to fight against the ravages of free radicals. It also assists in the regeneration of other antioxidants like vitamins C & E and glutathione. And it has been shown to specifically help protect nerve tissues.\*<sup>16</sup>

### 14. Cordyceps

Used traditionally for millennia for cardiovascular, immune and respiratory support. Certain elements in cordyceps have antioxidant and immunological actions.\*<sup>18</sup>

### 15. Milk Thistle

A specific compound in milk thistle known as Silymarin, has proven to protect the liver, along with immune support, and free radical counteracting properties. By assisting in the support of cell membrane functions it may keep toxins from entering the cells.\*<sup>14</sup>

### 16. Magnesium Stearate

Magnesium stearate is an additive that's primarily used in medication capsules. It's considered a "flow agent." It prevents the individual ingredients in a capsule from sticking to each other. It helps improve the consistency and quality control of our supplement capsules.\*

### 17. Silicon Dioxide

Silicon dioxide, also known as synthetic amorphous silica (SAS), is an anti-caking agent and occurs in many leafy greens and other vegetables.\*

## Recommended Usage

Take 2 Capsules once or twice daily with 8 oz. of water.

## Warning

Keep out of reach of children. Consult your healthcare provider before taking if you are pregnant or nursing, or if you experience an adverse reaction.

# Provizion GSH Product Overview

## References

1. Anwar, F., Latif, S., Ashraf, M., & Gilani, A. H. (2007). Moringa oleifera: A Food Plant with Multiple Medicinal Uses. *Phytother. Res.*, 17 - 25.
2. Carillon, J., Notin, C., Schmitt, K., Simoneau, G., & Lacan, D. (2014). Dietary Supplementation with a Superoxide Dismutase-Melon Concentrate Reduces Stress, Physical and Mental Fatigue in Healthy People: A Randomised, Double-Blind, Placebo-Controlled Clinical Trial. *Nutrients*, 6, 2348-2359.
3. Res Commun Mol Pathol Pharmacol 1997 Aug;97(2):199-213. Protection by glycine against hypoxia-reoxygenation induced hepatic injury [M Deters](#)<sup>1</sup>, [O Strubelt](#), [M Younes](#)
4. Dean, O., Giorlando, F., & Berk, M. (2011). N-acetylcysteine in psychiatry: current therapeutic evidence and potential mechanisms of action. *J Psych Neuroscience*, 36(2): 78–86.
5. Forman, H. J., Zhang, H., & Rinna, A. (2009). Glutathione: Overview of its protective roles, measurement, and biosynthesis. *Mol Aspects Med*, 30(1-2): 1–12.
6. *Microb Biotechnol* 2018 May;11(3):476-485. doi: 10.1111/1751-7915.13033. Epub 2018 Jan 26. Model-driven design of a minimal medium for Akkermansia muciniphila confirms mucus adaptation [Kees C H van der Ark](#)<sup>1</sup>, [Steven Aalvink](#)<sup>1</sup>, [Maria Suarez-Diez](#)<sup>2</sup>, [Peter J Schaap](#)<sup>2</sup>, [Willem M de Vos](#)<sup>1,3</sup>, [Clara Belzer](#)<sup>1</sup>
7. Lewis, J. E., McDaniel, H. R., Agronin, M. E., Loewensteina, D. A., Riverosc, J., Mestrec, R., . . . Alie, K. H. (2013). The Effect of an Aloe Polymannose Multinutrient Complex on Cognitive and Immune Functioning in Alzheimer's Disease. *J Alzheimer Disease*, vol. 33, no. 2, pp. 393-406.
8. Lobo, V., Patil, A., Phatak, A., & Chandra, N. (2010). Free radicals, antioxidants and functional foods: Impact on human health. *Pharmacognosy Review*, 4(8): 118–126.
9. Majeed, M., & Prakash, L. (2007). Targeting Optimal Nutrient Absorption with Phytonutrients. East Windsor, NJ: Sabinsa Corporation.
10. Martin, A., Stillman, J., Miguez, M.-J., H. R., Konefal, J., Woolger, J. M., & Lewis, J. E. (2017). The effect of dietary supplementation on brain-derived neurotrophic factor and cognitive functioning in Alzheimer's dementia . *Journal of Clinical and Translational Research*, 3(3): 337 - 343.
11. Nejatizadeh-Barandozi, F. (2013). Antibacterial activities and antioxidant capacity of Aloe vera. *Org Med Chem Letters*, 3: 5.
12. Oh, S., Kim, Y., Bae, D., Um, B., Pan, C., Kim, C., . . . Lee, J. (2010). Anti-inflammatory effects of Gomisin N, Gosimin J and Schisandrin C Isolated from the fruit of Schisandra chinensis. *Biosci Biotechnol Biochem*, 74(2) - 7.
13. Oregon State University, Linus Pauling Institute. (2019, June 25). Lipoic Acid; Vitamin C; Vitamin E; Selenium; Curcumin; Isothiocyanates; Flavonoids. Retrieved from Micronutrient Information Center: <https://lpi.oregonstate.edu/mic/dietary-factors/lipoic-acid#unbound-lipoic-acid>
14. Post-White, J., Ladas, E. J., & Kelly, K. M. (2007). Advances in the Use of Milk Thistle (Silybum marianum). *Integr Cancer Therapies*, 6(2): 104 - 109.
15. Richie, J., Nichenametla, S., Neidig, Calcagnotto, A., Haley, J., Schell, T., & Muscat, J. (2015). Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. *Eur J Nutr*, 54(2):251-63.
16. Rochette, L., Ghibu, S., Richard, C., Zeller, M., & Cottin, Y. (2013). Direct and indirect antioxidant properties of α-lipoic acid and therapeutic potential . *Mol. Nutr. Food Res.*, 57, 114 - 125.
17. Spencer, J. P. (2010). The impact of fruit flavonoids on memory and cognition . *British J Nutr*, 104, S40 - S47.
18. Tuli, H. S., Sandhu, S. S., & Sharma, A. K. (2014). Pharmacological and therapeutic potential of Cordyceps with special reference to Cordycepin. *Biotech*, 4:1 - 12.
19. The Emerging Role of Vitamin B6 in Inflammation and Carcinogenesis. *Bird RP. Adv Food Nutr Re* 2018;83:151-194. doi: 10.1016/bs.afnr.2017.11.004. Epub 2018 Feb 1. PMID: 29477221
20. Regulation of immunological and inflammatory functions by biotin Toshinobu Kuroishi<sup>1</sup> Affiliations expand PMID: 26168302 DOI: 10.1139/cjpp-2014-0460
21. Mayo clinic – folate (Folic acid) <https://www.mayoclinic.org/drugs-supplements-folate/art-20364625>
22. Vitamin B12 Fact sheet for Health Professionals – National Institutes of Health <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/> and <https://ods.od.nih.gov/factsheets/VitaminB12-Consumers/>
23. Antioxidant effect of zinc in humans Ananda S Prasad<sup>1</sup>, Bin Bao, Frances WJ Beck, Omer Kucuk, Fazlul H Sarkar *Free Radic Biol Med* 2004 Oct 15;37(8):1182-90. doi: 10.1016/j.freeradbiomed.2004.07.007. <https://pubmed.ncbi.nlm.nih.gov/15451058/>
24. Glutamine as an immunonutrient Hyeyoung Kim *Yonsei Med J* 2011 Nov;52(6):892-7. doi: 10.3349/ymj.2011.52.6.892. <https://pubmed.ncbi.nlm.nih.gov/22028151/>
25. Quercetin, Inflammation and Immunity Yao Li,<sup>1,\*</sup> Jiaying Yao,<sup>1</sup> Chunyan Han,<sup>1</sup> Jiixin Yang,<sup>1</sup> Maria Tabassum Chaudhry,<sup>1</sup> Shengnan Wang,<sup>1</sup> Hongnan Liu,<sup>2,\*</sup> and Yulong Yin<sup>2,\*</sup> *Nutrients*. 2016 Mar; 8(3): 167. Published online 2016 Mar 15. doi: 10.3390/nu803016