



# EIR HYDRATION



## L-GLUTATHIONE

- ✓ Protects cells from free radical damage
- ✓ Improves cellular function
- ✓ Aids in recovery process
- ✓ Acts as a universal toxin-binder

## OVERVIEW

Our bodies quintessential antioxidant defense is the glutathione system, which includes glutathione itself, along with the enzymes and other proteins that enable glutathione to do its work. Glutathione is actually a very simple molecule - our body makes it from three amino acids - cysteine, glycine and glutamine. Levels of glutathione have been shown to diminish with age as well as with chronic illness and poor health.

EIR HYDRATION at Truth & Beauty

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