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### **Introduction**

As a physician, I am often asked by patients to provide medical advice regarding vitamins and supplements. I have, for the most part, been hesitant to endorse any particular product because my training taught me to be cautious because the supplement industry is not under the careful scrutiny of the FDA. Supplement manufacturers are not required to undergo the vigorous clinical research necessary to place a new prescription pharmaceutical on the market.

In 2009, I was introduced to a product called Max GXL, which changed my opinion. This product was developed by a physician, Robert Keller, MD. Dr. Keller served on the scientific review panels for the National Institute of Health (NIH), and on the faculties of the Mayo Graduate School of Medicine, the University of Wisconsin, and the Medical College of Wisconsin. He has published more than 100 articles in medical journals and has been recognized as one of America's top physicians in the fields of Internal Medicine, Immunology, and Hematology.

### **What is Max GXL and how does it work?**

Max GXL raises glutathione levels in the cell. Glutathione is the most abundant antioxidant in our tissues. In the process of converting food and oxygen into energy (ATP), our bodies produce free radicals which are harmful to our bodies. Glutathione protects our cells from the harmful effects of free radicals.

Glutathione levels decrease with age (1% per year). Glutathione is a major protector of mitochondrial DNA. Compared to 5 year olds, only 5% of mitochondrial DNA is normal in 90 year olds. Maintenance of normal mitochondrial DNA directly correlates with maximum life span. There are multiple causes of glutathione depletion. In addition to aging, poor diet, pollution, chronic disease, drugs, radiation, stress, infection, and injury or trauma all lead to depletion of glutathione.

Glutathione is found in all cells and organs, but is particularly high in the liver and spleen. The spleen is composed predominantly of T-lymphocytes. Although glutathione has multiple functions including detoxifying heavy metals and regenerating vitamin C, its major function appears to be anti-oxidation. In fact, it is considered to be the most abundant and important free radical trap in the human body.

The consequences of glutathione depletion are fatal. As cellular glutathione is depleted, first individual cells die in those areas most affected, and then zones of tissue damage begin to appear. During ATP production in the mitochondria, superoxide free radicals are produced which are converted to hydroxyl and peroxide free radicals. Glutathione neutralizes hydroxyl free radicals and is an essential component of glutathione peroxidase, which neutralizes peroxide free radicals. These free radicals generated within the mitochondria have the potential to damage mitochondrial DNA.

Max GXL has been studied in a placebo-controlled, double blind study and was found to safely raise lymphocyte glutathione levels. This supplement does not contain glutathione itself, but rather promotes the cellular synthesis of glutathione and reduces the consumption of glutathione by decreasing inflammation. Decreases were observed in TNF-Alpha (Tumor Necrosis Factor Alpha), a marker of inflammation.

### Summary

In only 60 days of use, Max GXL users:

- Experience an average increase in intracellular glutathione levels of 292%. (Glutathione is the body's most powerful antioxidant and normally decreases by 10-12% per decade in healthy adults, and more in adults who are ill.)
- Experience an average increase in the body's DHEA of 46% and IGF-1 of 40.8%. DHEA and IGF-1 are markers related to levels of human growth hormone, which is the indicator of true biological age. They decrease with age.
- Experience a 61% decrease in TNF. (Tumor Necrosis Factor Alpha is one of the three most significant markers of cellular inflammation.)

Other benefits of raising the levels of glutathione relate to quality of life. Oxidized glutathione induces sleep and improves the quality of sleep resulting in improved energy, improved mental focus, and decreased aches and pains.

By far, the most common complaints I hear in my practice on a daily basis are fatigue, poor sleep quality and pain. Most patients want to limit the amount of prescription drugs they take to those absolutely necessary for the management of their chronic illnesses.

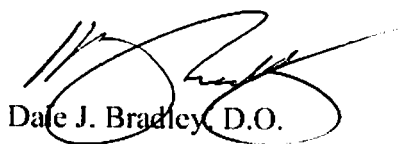
Max GXL is effective in helping fatigue, cognitive function, and improving sleep quality, and I recommend it as a natural alternative to improve quality of life.



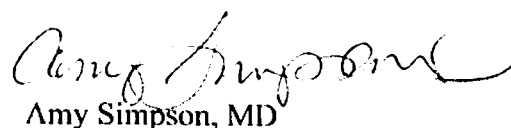
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