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NUTRA 3 ACTION

NUTRA 3 ACTION is an antioxidant food supplement containing reduced Glutathione, CoenzymeQ10 and vitamin E.

Glass bottle of 120 tablets.

1 cpr= 100 mg of reduced glutathione + 50 mg of CoenzymeQ10 + 10 mg of vitamin E.

Its functions are:

- ⇒ COUNTERACT AGEING
- ⇒ RID THE BODY OF TOXINS
- ⇒ PROTECT AGAINST OXIDATIVE STRESS

NUTRA 3 ACTION is a dietary supplement containing Glutathione, CoenzymeQ10 and Vitamin E. This antioxidant trio works in synergy to combat premature ageing and repair cells damaged by stress, pollution, radiation and drugs.

Glutathione protects against:

- wrinkles, loss of elasticity and skin tone
- damage due to smoking, stress, heavy metals, environmental pollutants
- supports the liver in its detoxifying role

Glutathione is a natural molecule composed of three amino acids: glutamic acid, cysteine and glycine. It is considered one of the most powerful natural antioxidants. It protects the body and liver by supporting it in its activity of neutralising toxins. Its dual function is therefore 'protective' and 'detoxifying'.

Glutathione is produced naturally by the liver but, unfortunately, in quantities that are often insufficient to meet the daily requirement of this substance. Frequent exposure to toxins, pollutants, stress, smoking or the presence of inflammatory states put a strain on the body and our antioxidant defences, which is why supplementation is important.

Vitamin E protects

- the skin from ultraviolet rays
- eyesight from natural decline
- neuronal cells from oxidative stress

Vitamin E is a trace element that protects tissue from the degenerative action of free radicals, slows down cellular ageing and is a real panacea for the skin, reducing damage caused by the sun's rays and restoring its natural radiance and elasticity.

Vitamin E protects neurons from oxidative stress, delaying cognitive decline and preventing the onset of degenerative diseases such as Alzheimer's.

Coenzyme Q10 is useful for:

- support the cardiovascular system
- preventing neurodegenerative diseases
- combat premature ageing of the skin

Coenzyme Q10 (ubiquinone) is an enzyme produced naturally in the body. Cells use it to produce and manage energy. Levels of coenzyme Q10 tend to decrease dramatically with advancing age and are lower in people suffering from chronic diseases such as heart disease, cancer, Parkinson's disease, diabetes, human immunodeficiency virus (HIV), AIDS and muscular dystrophies.

Its antioxidant activity protects the body from free radicals, which are highly reactive by-products of normal cellular activity.