

Benefits of GSF

Helps to Maintain Stamina, also helps to Improve Energy Supply

by helping to maintain healthy mitochondrial energy generating capacity and responsiveness to energy demand. ^{1,2}

Helps to maintain a normal Body Weight

by helping to maintain a healthy level of dietary fat through supporting natural mitochondrial activity; a calorie restricted diet may not be required, but regular exercise is necessary. ^{3,4}

Helps to Maintain Healthy Glucose Tolerance

by supporting the insulin resistance and the corresponding signaling processes. ³

Helps to Improve Healthiness and Wellness

by supporting the body's natural antioxidant defense system ⁵⁻¹¹

No Known Significant Side Effects

A pilot human study indicated that GSF is a good complement to exercise and fitness programs, producing synergistic outcomes in increasing physical strength and controlling body weight.

Explaining GSF's Beneficial Effects

GSF helps to keep our body's power generators (mitochondria in our cells) in optimal shape, supporting the power generating capacity and providing the needed fuel and protectant for efficient power generation (uncoupling factor), leading to improved power supply (energy metabolism) and reduced pollutant production (free radicals). This helps the proper functioning of all organs in the body (which is energy driven) with minimal adverse effect (caused by free radicals).

GSF ingredients:

Schisandra (Schisandria chinensis, Fruit)

Suoyang (Cynomorium songaricum, Stem)

Desert Cistanche (Cistanche deserticola, Stem)

In modern science, it is now confirmed that mitochondria are the key determinant of cell survival or death. Mitochondria, which generate energy for vital cellular activities, also serve to integrate a wide variety of stress signals that precipitate to cell death.

One of the key controllers of ROS (i.e. free-radicals) production is glutathione-mediated antioxidant processes in mitochondria, and the activation of glutathione redox cycling can reduce ROS production and promote cell survival. ^{12,13}

GSF is not a drug; it is a functional plant extract supporting the proper functioning of the Mitochondria.

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