



General Instructions for Taking Max GXL & Results You May Experience

Start with 2 packs (with 3 capsules in each pack) per day, one in the morning and one mid-afternoon.

Some people increase to 3 packs per day if needed (especially if you weigh over 220 pounds or so), and many take a pack about 1 hour before bedtime for better sleep.

Athletes – Body mass density is often greater, greater stress on the body, etc. GXL is natural so you can increase to 3, 4, 5 even 6 packs per day. Many athletes have experienced increased stamina, endurance and recovery time.

Results typically improve with continued use, with most people reporting even better results after 3 months. If you stop taking the product there is a gradual decline in results for about 60 days, at which point you'll be back to feeling like you never took it.

Results vary from person to person. Many notice results within a day or two, 75% generally notice within a week, and 90% notice within 2 weeks.

Here are some possible results to look for:

- * Feeling like you're "younger"
- * More "natural" energy - - less likely to tire throughout the day
- * Less joint and muscle aches and pains
- * Decreased pain in general
- * Mood improvement
- * Sharper state of mind, mental clarity, and focus
- * Younger looking skin - - less dry skin, reduced appearance of some wrinkles, etc.
- * Better sleep - - more dreaming and remembering your dreams
- * More stamina and endurance - - less recovery time after working out
- * Better memory - - remembering names you normally would forget - - less "senior moments"
- * Reduced inflammation or swelling
- * Improved vision
- * Improved breathing - - less asthma or allergy symptoms

**** Initial "de-toxing" - - this could include mild headaches, diarrhea, constipation, etc.

Although most people don't experience any of these, if you do this is a sign:

- (1) the product is working, and
- (2) You need it worse than someone who does not noticeably de-tox.

If you do noticeably de-tox, it should only last for 3-4 days. If your de-tox happens to be stronger than you want to endure, just cut back to 1-2 capsules 1-2 times a day and gradually increase.

One final note - - ***this product does NOT cure or treat any disease or illness.*** It simply gives your cells the nutrients they need to produce more glutathione, which in turn helps every cell function better.

Cheers!



You are about to start the supplementation of a nutritional product so revolutionary it was awarded a composition patent.

MaxGXL delivers a proprietary combination of professional grade nutrients designed to optimize your body's production and preservation of glutathione. **The greatest part is that people are FEELING the positive impact of MaxGXL!**

Quality of Life Improvement Chart

The chart below allows you to be aware of just some of the areas in which glutathione has an impact. Benefits from taking MaxGXL are optimized over time and may vary from person to person. Fill out the chart below **BEFORE** starting MaxGXL. Be sure to fill out the chart **at the end of each week for four weeks** and compare the scores. **Rate from 0 to 3.**

0 = No Trouble

2 = Moderately Troublesome

1 = Slightly Troublesome

3 = Severely Troublesome

	Before	Week 1	Week 2	Week 3	Week 4
Lack of Energy					
Muscle Discomfort					
Workout Recovery					
Emotional Stress					
Sleep Quality					
Mental Focus					
Joint Comfort					
TOTAL					