

# When Taking NeuroReplete Or D5, CysReplete Is Also Recommended

## NeuroReplete, D5 and Sulfur

NeuroReplete and D5 utilize sulfur when supporting normal neurotransmitter levels. The body does not store excess sulfur. Therefore, without replenishing, sulfur depletion can occur. The impact of sulfur depletion may not be immediately evident. The loss of adequate sulfur may show subtle changes in immune, metabolic and protein health that slowly decreases overall health.

*When sulfur levels are low, the metabolism of 43 major chemical pathways and over 100 minor pathways are compromised. This includes glutathione, which can leave the system vulnerable to toxins.*

*Sulfur has a low toxicology profile. Ensuring there is enough sulfur is important to immune health.*

## Why Sulfur Levels Need Protection

- Sulfur supports immune health.
- Sulfur promotes increased glutathione levels.
- Sulfur plays an important role in catalyzing many important metabolic cycles.
- Sulfur supports protein synthesis and structure.
- Sulfur supports healthy hair, skin and nails via collagen production and keratin.

## Why Cysteine?

- Cysteine is the most cost effective sulfur supplement when comparing the ratios of sulfur obtain.
- Cysteine and methionine are the only two amino acids with sulfur. However, methionine has homocysteine as a potentially negative byproduct.
- Cysteine is the rate limiting step in the formation of glutathione. Therefore, it is the most direct and effective source for increasing glutathione naturally.
- Oral glutathione supplementation may interfere with your body's natural ability to process glutathione from food sources.
- Cysteine is less invasive than IV glutathione.
- Cysteine is preferred to N-acetylcysteine (NAC) because NAC is not naturally found in the body. It can indiscriminately and undesirably acetylate other compounds in the body.

## Why CysReplete?

CysReplete contains cysteine, along with selenium and folic acid. Selenium is important when using cysteine supplementation because it supports neuron health by interfering with the undesirable binding of methylmercury to cysteine. This is a fact that many cysteine supplements have overlooked.

The recommended dosage of CysReplete is two pills, three times a day with the first dose at noon.

GI upset may occur with CysReplete. If GI upset occurs when starting CysReplete, contact CHK Nutrition for information on how to manage this situation.



Scientifically Researched • Premium Ingredients • Reliably Delivered

3930 E Calvary Road • Duluth, MN 55803 • Phone 1-877-538-8388 • FAX 218-626-1890

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.