Setria® Human Clinical Trial Study Details

Study Name: Randomized controlled trial of oral glutathione supplementation on body stores of glutathione.

Objective:
To determine the impact of Setria® glutathione supplementation on body stores in healthy adults

Methodology:
- Subjects were randomly assigned to a 250/mg day, 1000/mg day, or a placebo group
- Glutathione levels were measured in whole blood components and buccal mucosal cells.

Study period:
Six months supplementation followed by a one month washout

Results:
- Glutathione levels in the blood increased after one, three and six months vs. baseline at both doses
- Taking 1,000mg / day for six months, mean glutathione levels increased up to 31% in whole blood, 35% in red blood cells, and 250% in buccal cells.
- Taking 250mg / day for six months, mean glutathione levels increased up to 17% in whole blood and 29% in red blood cells.

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To learn more about Setria®, visit: www.setriaglutathione.com

*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.

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Results:
Natural Killer (NK) cell cytotoxicity increased 2-fold from baseline at 3 months (NK cells support immune health).

![Graph showing Natural Killer (NK) cell cytotoxicity results.]

- Baseline vs 3 months:
  - Placebo: Baseline (2) vs 3 months (4)
  - Setria® 250 mg/d: Baseline (2.5) vs 3 months (5)
  - Setria® 1000 mg/d: Baseline (2) vs 3 months (4)

*P < 0.05 vs baseline

Long Term Use Data:
After 6 months of supplementation, Setria did not prohibit endogenous glutathione synthesis (Does not adversely affect the body's normal production of glutathione).

Glutamine Cysteine Ligase (GCL) has been identified as the rate limiting enzyme of endogenous glutathione synthesis.

![Graph showing GCL activity over 6 months.]

- Baseline vs 6 months:
  - Placebo: Baseline (1) vs 6 months (1)
  - Setria® 250 mg/d: Baseline (1.2) vs 6 months (1.2)
  - Setria® 1000 mg/d: Baseline (1) vs 6 months (1)

*Values are mean ± SEM

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