

----- Original Message -----

From: Gordon and Joan Mackay

To: Dr. Harry B. Demopoulos

Sent: 5/4/2007 10:04:10 AM

Subject: A Question

In the info sheet that came with our recent order it states, "Following an oral dose of Ultrathione on a relatively empty stomach, about 80% of the dose is absorbed and inside cells within 90 minutes after ingestion." Yet on the box of Ultrathione 1000 Sports it states a packet should be taken after breakfast. So, which is it, on an empty stomach or after a meal?

Thank you,

Joan Mackay

Answer:

Dear Gordon and Joan Mackay,

With regard to your excellent question, the answer is as follows.

Our particular glutathione works without regard to meals, for most people, under most circumstances. The dosing does become specific for specific people:

1. Heavy work-out schedules requires a sharp peak level of glutathione to coincide with their peak effort.
2. Similarly, in some medical circumstances, a sharp peak level is required.

Otherwise, mealtimes, *within limits*, can be ignored, with exceptions of very large meals as occur at Thanksgiving, Christmas, other religious and social occasions, weddings, birthdays, etc. *A great deal of food* will get in the way.