

# HINNAO<sup>®</sup>

TECHNOLOGY



WELCOME TO  
YOUR HINNAO<sup>®</sup> JOURNEY



# HINNAO® Technology Glutathione (Glutathione Replacement Therapy)

INSTANT ABSORPTION USING ADVANCED HINNAO® TECHNOLOGY



Please take care to read the following document before you start taking your Glutathione. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.  
This product is not for under 18's, pregnant or breastfeeding women.



## GENERAL PRODUCT INFORMATION

### **Hydration**

Due to the strength of HINNAO® products consumers should be sufficiently hydrated before use.

### **HINNAO® Glutathione ingredients**

Glutathione is a thick, viscous substance by nature. We have opted to formulate our products with minimal ingredients, therefore droppers can sometimes have difficulty filling to the desired 1 ml mark if the product hasn't been used regularly. If you are having trouble filling up the dropper completely, try this:

With the dropper opening below the level of the liquid, squeeze the bulb 2-3 times in quick succession. This will achieve the desired result of a complete fill. Always remember to shake the bottle well before use to ensure proper distribution of L-Glutathione.

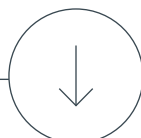
**Tip: if necessary to clean the pipet, draw lukewarm water up and repeat until clean.**

### **Storage and Temperature Guidelines**

Our Glutathione is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage.

Each bottle of Glutathione has a shelf life of more than 2 years.

**Tip: Due to the nature of glutathione it can solidify if not shaken regularly. This is normal, bring to room temperature and shake well to keep the dose consistent.**



## HOW TO GET THE MOST OUT OF YOUR HINNAO® GLUTATHIONE

Ensure your mouth is free of any debris before consuming, especially after eating.

### **How Absorption Works**

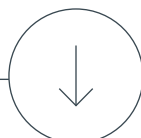
HINNAO® Glutathione absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

### **Alternatives to under the tongue**

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. The Glutathione will still be absorbing as it travels down the throat.

### **When to take your HINNAO® Glutathione**

HINNAO® Glutathione is designed to be taken daily as replacement therapy of our natural Glutathione levels depleting, so for best results try to take Glutathione at the same time everyday. Glutathione can be taken at any time during the day on an empty or full stomach. People taking for exercise-related benefits have reported success taking it immediately before or after exercise.



**Dosage suggestions based on client success reports**

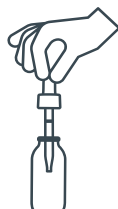
Many people have reported great results taking 1 ml per day. There is no recommended dosage of L-Glutathione, and there are no reported side effects or drug interactions. Many people also take more than 1 ml per day to enhance the positive benefits, especially those taking the product for weight loss or exercising. Reports of instant relief from headaches and migraine have been reported.

**How long DOES it take to see results**

Results vary from person to person depending on the individual level of toxicity, desired results, and dosage taken. The product works immediately because of high absorption, however you may not see results for weeks to months, however some people report results can be seen as quickly as the same day. In general, we recommend keeping a log of your progress to monitor your results. Also note that results often become apparent when you stop taking the product and previous symptoms reappear.

**HOW TO TAKE HINNAO® GLUTATHIONE****STEP 1**

Shake the bottle well for 30 seconds to ensure a consistent dose.

**STEP 2**

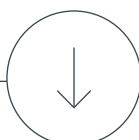
Squeeze the pipette to draw up recommended dose.

**STEP 3**

Place the product under your tongue.

**STEP 4**

Hold in your mouth for 60-90 seconds, then swallow.



## POSITIVE BENEFITS TO WATCH FOR

### **Weight Loss**

A side effect of toxicity is weight gain, and many customers taking HINNAO® Glutathione report substantial weight loss.

### **Memory and Mental Focus**

Many customers report relief from “mental fog” and increased ability to recall things in short term memory that were previously forgotten.

### **Energy**

A major side effect of toxicity is energy loss stemming from damaged mitochondria (the energy makers of your body). Mitochondria are among the first parts of your body to be damaged in a state of toxicity.

### **Skin Elasticity**

Increased collagen production and synthesis resulting in Brighter, tighter skin.

### **Pain Reduction**

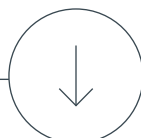
L-Glutathione eliminates inflammation. Inflammation is the most common cause of pain in our bodies. Supplementing Glutathione in a state of toxicity and inflammation will help to reduce inflammation and pain.

### **Disappearance of Acne/Skin Blemishes**

Many customers have reported significant improvement in the reduction of skin blemishes and acne in particular.

### **Fitness**

L-Glutathione supplementation can improve recovery time in cardiovascular exercise, and reduce fatigue. Many studies support this, as well as anecdotal evidence from our customers.



## POTENTIAL SIDE EFFECTS OF DETOX

L-Glutathione is the most powerful antioxidant in the body, and everybody will react to detoxification slightly differently.

Some people may initially experience more frequent/voluminous bowel movements as the body eliminates toxins.

Detoxification can also result in body odour, headaches, fatigue/weakness, or increased appetite. If any of these symptoms are intolerable, reduce the dosage you are taking until these temporary symptoms subside through the natural detox process.

If any of these symptoms are intolerable, reduce the dosage you are taking until these temporary symptoms subside through the natural detox process.

Also, remember to drink lots of water, and rest when you are tired.

Thank you for reading and good luck with your detoxification journey.

The logo for Hinnao, featuring a stylized, handwritten-style 'H' followed by the word 'innao' in a cursive script.