

Older Adults

Impact of supplementing Glycine and N-acetylcysteine (GlyNAC)

Oxidative Stress	Mitochondrial Fuel Oxidation	Inflammation	Insulin Resistance	Endothelial Function	Genomic toxicity	Physical Function	Cognition
Glutathione ↑ TBARS ↓ F2-iso prostanes ↓	RQ ↓ MFO ↑ MGO ↓	IL-6 ↓ TNF $\alpha$ ↓ hsCRP ↓ IL-10 ↑	Fasting glucose ↓ Fasting insulin ↓ HOMA-IR ↓	sICAM1 ↓ sVCAM1 ↓ E-Selectin ↓	8-OHdG ↓	Gait Speed ↑ 6-Minute walk test ↑ Grip Strength ↑	MoCA ↑ Trails tests ↓ Verbal fluency test ↑ DSST ↑ BDNF ↑