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Whey Protein Isolate

National Cancer Institute

Source

National Cancer Institute. *Whey Protein Isolate*. NCI Thesaurus. Code C67285.

A biologically active, cystine-rich, whey-based protein isolate. Whey protein isolate is broken down in the body into cystine and glutamylcystine, which travel safely in the blood stream, upon cell entry, deliver a sustained amount of free cysteine to the cells. The available cysteine allows cells to synthesize glutathione (GSH), a tripeptide containing amino acids glycine, glutamate and cysteine, thereby maintaining and increasing intracellular GSH concentrations. GSH plays a major role as an antioxidant, thereby protecting cells from oxidative damage due to harmful substances such as free radicals and reactive oxygen compounds.