

Glutathione

Monograph Snapshot

MOST FREQUENT REPORTED USES

- Antioxidant
- Hepatic antioxidant protection, such as chronic use of alcohol, drugs (both prescription and recreational) and other environmental chemicals
- Hepatic detoxification
- Improved immunity
- Wound healing

Metabolic Monographs™

Glutathione is a key component of the body's antioxidant system and is a substrate in the conjugation and reduction reactions in the body. It also plays an important role in the removal of toxins by supporting healthy liver function. Glutathione is considered a non-essential nutrient manufactured from L-cysteine, L-glutamine, and glycine.

Glutathione is a primary protectant of skin, lens, cornea, and retina against radiation damage, and the biochemical foundation of P450 detoxification in the liver, kidneys, lungs, intestinal epithelia, and other organs.

FUNCTIONS/CLINICAL EFFICACY

- Detoxifies many compounds in the body, especially in the liver
- Helps protect the body against toxins from cigarette smoke, excess alcohol, overdoses of aspirin, and exposure to radiation
- Helps support the immune system
- Helps transport some amino acids across cellular membranes
- Involved in the synthesis of fatty acids

DOSAGE RANGE

- 500-3,000mg daily in divided dosages. Individuals with severe glutathione depletion may need larger dosages.
- Glutathione is not absorbed well across the gastrointestinal tract, and therefore supplementation with other dietary supplements that increase glutathione levels in the body may be warranted. These include alpha-lipoic acid, green tea, melatonin, S-adenosylmethionine, whey protein, milk thistle seed extract, and N-acetyl cysteine.

Statements made are for educational purposes and have not been evaluated by the US Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any disease. If you have a medical condition or disease, please talk to your doctor prior to using the recommendations given.

SYMPTOMS OF DEPLETION

- Oxidative stressors that can deplete GSH include ultraviolet and other radiation; viral infections; environmental toxins such as pesticides, smoking, household chemicals, and heavy metals; surgery; chronic inflammation; burns; septic shock; diabetes and insulin resistance; dietary deficiencies of GSH precursors and enzyme cofactors; and the aging process in general.
- Symptoms of depletion include:
 - ◇ Decreased macrophage activity and a weakened immune system
 - ◇ Increase in free radical damage throughout the body, especially in the membranes of red blood cells and mitochondria
 - ◇ Decrease in the body's ability to detoxify many compounds in the liver, including drugs and environmental chemicals; alterations in liver enzymes
 - ◇ Hair loss and baldness
 - ◇ Increased sweating and fatigue

TOXICITIES, WARNINGS, AND INTERACTIONS

There is no known toxicity when using glutathione as a dietary supplement.

FOOD SOURCES

Foods containing glutathione include avocado, watermelon, asparagus, grapefruit, potato, acorn squash, strawberries, oranges, tomatoes, cantaloupe, broccoli, okra, peaches, zucchini, and spinach.

PATIENT SNAPSHOT

Uses:

- Glutathione is an antioxidant and may help decrease the effects of oxidation and aging on the body.
- Glutathione is important for liver health and improves detoxification of the liver.
- Glutathione is used in those who take medications which may be hard on the liver, those who are substance abusers, or anyone with concerns for the health of their liver.
- Glutathione may help improve immunity, leading to faster wound healing.

Dosage:

- The most common dosage of glutathione is 500-3,000mg a day. Ask your healthcare provider which dose is best for you.

Special Concerns:

- If you are taking prescription or non-prescription medications, are pregnant or nursing, or have a pre-existing medical condition, talk with your healthcare provider before taking any dietary supplement.
- Do not take if there is an allergy to any component of this dietary supplement.

FOR MORE INFORMATION:

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