

L-Glutathione



RECOMMENDED USE

- Source of an antioxidant that helps protect cells against the oxidative damage caused by free radicals

ANTIOXIDANT SUPPORT

Glutathione is the master antioxidant in the body and is heavily concentrated in tissues such as the liver, spleen and heart. It plays a crucial role in helping to protect cells against oxidative damage caused by free radicals. The L-Glutathione formulation is preformed, reduced glutathione (GSH) and provides a 250 mg dose in a one-capsule serving.

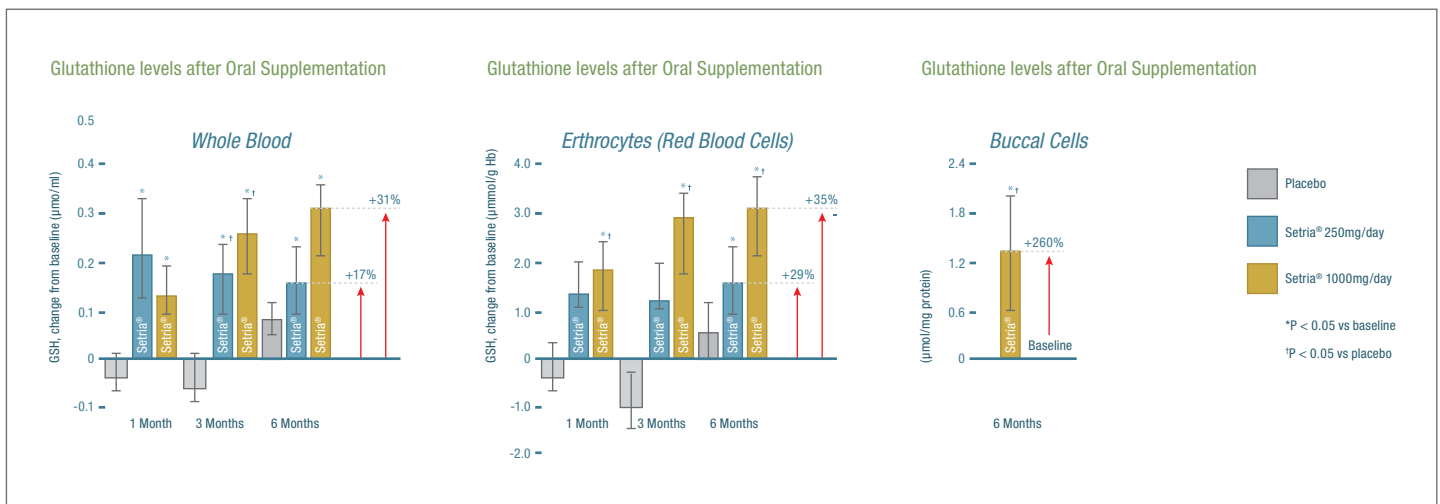
Overview

Modern lifestyle habits may include poor dietary choices, lack of sleep, abundance of stress, exposure to chemicals, and even extremes with exercise. Existing in this type of an environment long term can lead to many unfavorable physiologic changes. Our bodies were designed to handle this stress and preserve our cell function; however, when the burden increases, those naturally built in systems can often fail to keep up with demand. One of the physiological changes seen is the tempering of the body's most powerful antioxidant: reduced glutathione.

Oral Supplementation and Bioavailability

Any orally consumed nutrient has to maneuver through the gastrointestinal system. The nutrients need to be made available in order for the body to reap its benefits. Often times, food and supplements are used to support the natural production of glutathione in the body. However, when there are specific scenarios such as hindering genetic factors, disease processes and environmental burdens, the body can face challenges with making its own glutathione. This can pose a challenge for a practitioner to determine the ideal method of supplementation. Recent research indicates that oral form of reduced glutathione is easily absorbed and has a significant impact on systemic glutathione levels.

According to a 2015 publication in the European Journal of Nutrition, supplementing with Setria glutathione at doses of 250mg and 1,000mg a day for 6 months increased glutathione levels in whole blood, erythrocytes, and buccal cells. This was the first long-term, randomized, placebo-controlled trial of oral glutathione supplementation.¹



Glutathione for Antioxidant Support

Glutathione has been termed the master antioxidant because of its ability to quench free radicals and protect cells from damage, but it has always been thought that humans were unable to utilize preformed glutathione to address some of the concerns until recently. Setria®, a unique tri-peptide form of glutathione, has a molecular structure that effectively increases glutathione blood levels when taken orally.¹ It is the only supplemental glutathione backed by a recently published human clinical trial that shows significant uptake of this critical nutrient.¹

Cellular Protection

Supplementing with oral glutathione under conditions in which intracellular glutathione status is compromised can restore tissue glutathione and promote ROS metabolism, according to a 2017 study published in the World Journal of Gastroenterology.²

The most commonly discussed role of glutathione is in the protection of the mitochondria from free radical damage during the process of ATP production. Glutathione is the master antioxidant to quench the reacted oxygen species produced as byproducts allowing ATP production to happen without the damaging impact that can happen in an environment lacking adequate antioxidant capacity.

Recommended Dose

Adults 18 and over: 1 capsule per day.

Medicinal Ingredients (per capsule)

L-Glutathione (Setria®) 250 mg

Non-Medicinal Ingredients:

Hypromellose, Microcrystalline cellulose, Magnesium stearate, Silicon dioxide.

Risk Information:

If you are pregnant or breastfeeding, consult a health care practitioner prior to use.

To be sure this product is right for you, always read and follow the label.

References

1. Richie JP, Nischenametla S, Neidig W, et al. Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. *Eur J Nutr.* 2015;54(2):251-263.
2. Uchida H, Nakajima Y, Ohtake K, et al. Protective effects of oral glutathione on fasting-induced intestinal atrophy through oxidative stress. *World J Gastroenterol.* 2017;23(36):6650–6664. doi:10.3748/wjg.v23.i36.6650