

Please Take One!



SUPPLEMENT OF THE MONTH: Glutathione

What is Glutathione and where is it found?

Glutathione is a powerful antioxidant involved in many body processes, including tissue building and repair, the production of chemicals and proteins, and stimulating immune response. In fact, glutathione is used in metabolic and biochemical reactions, such as DNA synthesis and repair, enzyme activation, amino acid transport, and prostaglandin synthesis. Therefore, glutathione affects every system in the body, especially the immune system, nervous system, GI system, and lungs. It protects our cells and supports our metabolism. Glutathione is produced naturally by the liver and can be found in fruits, vegetables, and meats.

What are the benefits?

Glutathione is the master detoxifier and the body's main antioxidant. Glutathione is used to treat cataracts and glaucoma, and prevent aging. It is also used to treat and prevent alcoholism, cancer, heart disease, liver disease, memory loss, Alzheimer's Disease, AIDS, chronic fatigue syndrome, and to control inflammation and to maintain the immune system. Glutathione is also used to treat male infertility and to help alleviate the side effects of chemotherapy.

Are there interactions with food or medications?

None reported.

Are there side effects?

None reported.