L-GLUTATHIONE

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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Introduction

L-Glutathione is the reduced form of Glutathione, and is an antioxidant that the body produces from three basic amino acids (L-glutamine, L-cysteine, and glycine) which are found in our diet sources. Consequently, the body produces Glutathione, and uses it, along with the other vitamins that are ingested, as a "hard line defence" against the hazards that cause sickness, disease, and ageing. Research has shown that Glutathione can actually cure disease, regenerate damaged tissue, minimize the side effects of chemotherapy, and treat cataracts.

Glutathione is an amino acid with powerful antioxidant properties that helps maintain the liver and liver cells. This amino acid also improves the detoxification process by neutralising certain toxins, free radicals and by-products of metabolic wastes. Glutathione assists in carbohydrate metabolism, it also helps delay the oxidation of low-density lipoprotein cholesterol, which are factors contributing towards heart problems. This powerful amino acid nourishes white blood cells, therefore, helps maintain a healthy immune system.

Besides being a powerful antioxidant booster and system detoxifier, glutathione also helps produce, protect, and repair DNA (deoxyribonucleic acid). In this protective role, it boosts the immune system, and thereby helps to augment immune response.

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Function and Benefits

Glutathione works in DNA Synthesis and repair, protein and prostaglandin synthesis, and amino acid transport. It assists in the metabolism of carcinogens, and toxins. Immune system functioning is enhanced with the use of L-Glutathione, and it is also effective in the prevention of oxidative cell damage, as well as enzyme activation. Glutathione helps and maintains the functions of other antioxidants.

L-Glutathione works to protect the body from the thousands of daily hazards that it is exposed to - such as pollution, passive smoking, alcohol, and food chemicals and poisons. Some researchers

believe that Glutathione can slow down the aging process. Further, L-Glutathione has demonstrated that it is effective in fighting cancer, environmental poisons, and even cataracts.

L-Glutathione is also effective in treating diseases such as Hepatitis. It has also been shown to be effective in the regeneration of the liver, and to combat cirrhosis. Glutathione is also useful in treating jaundice and protects the brain and body tissues in the event of poisoning. In addition, the level of tissue damage from Carbon Monoxide, Hydrogen Sulfide, heavy metals, pesticides, and environmental poisoning has been demonstrated to be significantly lower with adequate L-Glutathione in the blood stream. Moreover, the side effects of chemotherapy and the growth of cataracts have been demonstrated to be significantly reduced with L-Glutathione supplementation.

Low glutathione levels are found in immune-compromised individuals, neuro-degenerative diseases such as multiple sclerosis, ALS, Alzheimer, Parkinson's disease, arteriosclerosis, male infertility, pregnancy complications, cataracts, damage from many allopathic/pharmaceutical drugs, cancer, and poor survival rate for patients with AIDS.

High levels of Glutathione appear to protect against the dangers of cancer, heart disease, premature aging, autoimmune disease and chronic illness

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Sources

Dietary sources of glutathione, and glutathione precursors (L-glutamine, L-cysteine, and glycine), include meats, fish, fruits, vegetables, avocado, walnuts, and asparagus. Glutathione precursors are also found in whey protein concentrate.

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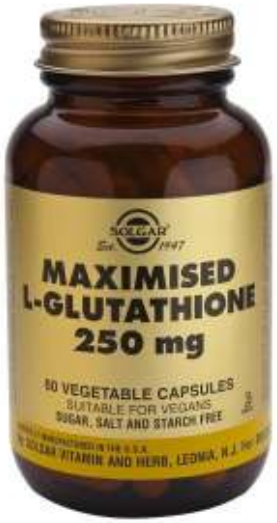
Typical Dosage

1 x 250 mg tab, daily, on an empty stomach - can be increased to 2 x 250 mg tabs, daily, if indicated.



Glutathione is available as a single ingredient dietary supplement or in combination products. Dosage ranges, depending upon condition being treated, from 50 to 1,500 mg daily.

Suggested Dosage in Combination for General Treatment

The following may be taken up to 3 x daily after meals:

- Vitamin C - 1,000 mg, timed release (with rose hips if possible)
- Vitamin E - 100 iu
- Grapeseed Extract - 50 mg
- Alpha-Lipoic Acid - 100 mg
- L-Glutathione - 500 mg

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Note

A person taking L-Glutathione should take Vitamin C two times the dose of L-Glutathione. This is to keep L-Glutathione in its absorbable or reduced form and to release the potential of Vitamin C. It also prevents L-Glutathione from being oxidized and raises L-Glutathione by helping the body manufacture it.

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Contra Indications

None - except for use during some forms of allopathic chemotherapy and radiation treatment where antioxidants should not be used because of their inhibition of the free radical formation, which may be part of the chemotherapy process.

However, pregnant women should seek advice before using L-Glutathione.

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