

# What to Expect with Glutathione Therapy

## What is Glutathione Therapy?

Glutathione is a peptide made up of 3 amino acids. Glutathione is already inside our bodies, and our liver uses it to metabolize and detoxify alcohol, medications, and toxins. It is also an antioxidant that protects our cells against free radicals and pro-oxidants. Low amounts of Glutathione has been seen in many diseases such as diabetes, cancers, Alzheimer's disease, Parkinson's disease and more.

## Benefits of Glutathione

The benefits of Glutathione are numerous but you won't feel them directly. Think of glutathione as the clean-up crew. Who cleans up the stadium after a football game? You don't see the workers but you reap the benefits of a clean stadium. We constantly are bombarding our bodies with toxins, medications, and alcohol- both inadvertently and purposefully and glutathione allows our body to take care of it.

Some benefits include:

- Detoxification of metabolites of drugs (prescribed and others)
- Regulate Gene Expression (for healthy cell turnover)
- Regulate cell apoptosis (cleaning up broken/damaged cells)
- Some people report clearer and brighter skin

## Side Effects of Taking Glutathione

Side effects are mild and rare. Some individuals might experience headaches, nausea, or runny nose. All medications can have interactions, please consult with your provider/physician to ensure that there are no contraindications.

These are the most common risks and side effects seen. This is not a comprehensive list- For all side effects and risks please discuss with your physician.

**Please read through fully to ensure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand**

the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.

## Frequently Asked Questions (FAQs) around Glutathione

### What reduces the glutathione in my body?

Anything that your liver has to detoxify and clean out will have an impact on your glutathione levels. Levels can decrease due to age, poor nutrition, stress, exposure to toxins, alcohol or even taking an over-the-counter Tylenol (Acetaminophen).

### What time should I take Glutathione during the day?

Anytime is a good time to take Glutathione. Your liver is using glutathione constantly throughout the day so anytime of day your body can benefit from an injection.

### Are there any disqualifiers for taking Glutathione?

Glutathione is something that your body creates on its own so it is not something that is inherently dangerous. Discuss with your provider if you have a sulfa allergy or if any medications you may be taking could have an interaction. Many times, it's not that the glutathione has an interaction, but can speed up the metabolism of some drugs- Just check with your physician!

## References

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3. Jefferies H, Coster J, Khalil A, Bot J, McCauley RD, Hall JC. Glutathione. *ANZ J Surg.* 2003;73(7):517-522. doi:10.1046/j.1445-1433.2003.02682.x