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GLUTATHIONE AGAINST VIRUS DISEASE - A SPECIAL MESSAGE FROM DR. GUTMAN

Over the past few weeks, I have received numerous questions about the coronavirus and whether raising glutathione can offer some protection. For the sake of time and efficiency, I have written this message. My answer is that I believe there is a very important role for glutathione in this situation, but I do not have any direct studies to prove my point. Thus far, no clinical trials have been published looking directly at the role of glutathione in the treatment or prevention of coronavirus.

Why then do I support the idea of raising glutathione as an effective strategy. It is based on the hundreds of other studies where glutathione has been shown to positively affect the outcome in numerous other viral diseases and plays an important role in the development of these infections. Doing a bit of searching on www.pubmed.gov will reveal articles on glutathione from the common cold (rhinovirus) to the "Flu" (influenza), to AIDS/HIV, hepatitis A, B, and C, DNA viruses, RNA viruses, retroviruses and more. To simplify, the majority of viruses studied thrive in an environment of low glutathione and high oxidative stress.

I have listed a small sampling of these studies below for those that want to pursue this research. If you come across any new developments regarding coronavirus and glutathione, I would love to be alerted.

Respectfully Dr. Jimmy Gutman MD

Glutathione as an antiviral - A sampling of the literature:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5425915/
https://www.ncbi.nlm.nih.gov/pubmed/21358592
https://www.ncbi.nlm.nih.gov/pubmed/18926849
https://www.ncbi.nlm.nih.gov/pubmed/16787218
https://www.ncbi.nlm.nih.gov/pubmed/9367343
https://www.ncbi.nlm.nih.gov/pubmed/11115795
https://www.ncbi.nlm.nih.gov/pubmed/26692473
https://www.ncbi.nlm.nih.gov/pubmed/9568464
https://www.ncbi.nlm.nih.gov/pubmed/8441757
https://www.ncbi.nlm.nih.gov/pubmed/18678861
https://www.ncbi.nlm.nih.gov/pubmed/12368227
https://www.ncbi.nlm.nih.gov/pubmed/31487871

https://www.ncbi.nlm.nih.gov/pubmed/29033950
https://www.ncbi.nlm.nih.gov/pubmed/9230243
https://www.ncbi.nlm.nih.gov/pubmed/12654482
https://www.ncbi.nlm.nih.gov/pubmed/21366409
https://www.ncbi.nlm.nih.gov/pubmed/24899897
https://www.ncbi.nlm.nih.gov/pubmed/24899897
https://www.ncbi.nlm.nih.gov/pubmed/28039563
https://www.ncbi.nlm.nih.gov/pubmed/8891667
https://www.ncbi.nlm.nih.gov/pubmed/9164274
https://www.ncbi.nlm.nih.gov/pubmed/26663823
https://www.ncbi.nlm.nih.gov/pubmed/8256245
https://www.ncbi.nlm.nih.gov/pubmed/19151318
https://www.ncbi.nlm.nih.gov/pubmed/25135637