

**Glutathione** is a powerful antioxidant that works by detoxifying chemicals and fighting free radicals that can damage cells- while promoting healthier hair, skin, and nails.

**Glutathione may**

- boost the function of immune cells
- help the liver get rid of toxins
- reduce the effects of harmful molecules, which may protect against chronic illness and brain diseases.
- help the body make use of other helpful nutrients like vitamins C and E.
- improve skin health by lightening dark spots and reducing signs of

**WARNING: Glutathione is not recommended for:**

- **Those with asthma that worsens with sulfites**
- **Those with a sulfa allergy**
- **Pregnant or Breastfeeding women**

**Prior to Glutathione IV Drip**

- Drink plenty of water at least 1-2 hours before but preferably stay hydrated starting 24 hours before treatment
- Avoid coffee or alcoholic drinks 24 hours before and after each session

**Post Glutathione IV Drip**

**Some potential side effects of glutathione injections include:**

- Nausea
- Skin rashes, hives, or allergic reactions
- Diarrhea

**If side effects persists, please notify your health care provider right away as these could be signs of severe allergy or toxic effects on the liver, kidney, and nervous system**

**Glutathione IV Drip is generally well tolerated with patients reporting no side effects. However, when taking glutathione, you should also avoid:**

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|------------|--|
| ● Alcohol  | ● Medications, such as acetaminophen (Tylenol) and aspirin |
| ● Smoking  | ● Too much dairy   |
| ● Caffeine | ● Processed or fried foods                                 |