

## BENEFITS OF GLUTATHIONE

1. **Glutathione can improve your skin by interrupting melanin synthesis.** Glutathione can bring your skin back to a youthful tone and radiance. Additionally, there is a very low risk of any side effects and it is all natural.
2. **Glutathione can improve focus.** There is compelling evidence that glutathione can improve cognitive impairment and may also protect the brain from future damage.
3. **Glutathione may decrease joint pain by altering the inflammation cascade.** Increasing glutathione levels can reduce reactive oxygen species and reactive nitrogen species which reduces the pro-inflammatory cytokines such as tumor necrosis factor alpha. Altering this chronic inflammatory cascade can provide significant improvement in joint pain.
4. **Glutathione can improve performance.** Several research articles have shown that glutathione can increase endurance and strength, improve muscle development and reduce muscle damage.
5. **Glutathione can improve energy.** In a recent study it was shown that fatigue related psychological factors were significantly decreased with glutathione supplementation.
6. **Glutathione can slow the aging process.** Because glutathione is a super antioxidant it protects against free radical damage. Free radical damage can lead to lower energy levels, thin skin, decreased cognition and age spots. Increasing glutathione levels can slow the free radical damage and improve skin, cognition and energy levels.
7. **Glutathione can improve immune function.** When glutathione levels are depleted the toxins can increase in the body and immunological function decreases. Increasing glutathione levels improves the body's ability to fight reactive oxygen species and improve natural killer cell function.
8. **Glutathione detoxifies.** Glutathione has direct chemical neutralization of singlet oxygen, hydroxyl radicals, it is a cofactor in several antioxidant enzymes, it helps regenerate vitamin C and E. Each of these provides the body with the ability to detoxify effectively.
9. **Glutathione can improve sleep.** A study has shown that people with sleep apnea typically have low glutathione levels and when these levels are increased sleep quality improves.

### References:

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