



ANTIOXIDANT GLUTATHIONE

SCIENCE

- **Antioxidant Role:** Glutathione is a tripeptide composed of amino acids glutamine, cysteine, and glycine. It acts as a major antioxidant, neutralizing free radicals and reactive oxygen species.
- **Cellular Defense:** It regenerates other antioxidants such as vitamins C and E, maintaining their efficacy in protecting cells.
- **Liver Detoxification:** Glutathione conjugates with toxins to make them water-soluble, facilitating their excretion through urine or bile.

BENEFITS

- Increased Energy
- Enhanced Mood
- Improved Cognitive Function
- Better Metabolism
- Healthy Skin, Hair, and Nails
- Boosted Immunity
- Cardiovascular Health