

# Glutathione (L-Glutathione)

## What is Glutathione?

Glutathione is a powerful antioxidant made from three amino acids: **cysteine, glycine, and glutamic acid**. It plays a critical role in:

- **Detoxifying the body** by removing harmful substances.
- **Boosting immune function** and supporting healthy metabolism.
- **Repairing tissues and maintaining cell health.**
- **Slowing down aging** by reducing oxidative stress.
- **Protecting brain function** by crossing the blood-brain barrier to remove toxins.

Glutathione also helps the liver process alcohol and reduces the effects of free radicals that damage cells, DNA, and proteins.

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## Symptoms of Glutathione Deficiency

### Mild Deficiency

- Fatigue and poor sleep
- Brain fog and difficulty concentrating
- Frequent infections and a weakened immune system

### Severe Deficiency

- Anemia
  - Enlarged spleen
  - Seizures or difficulty coordinating movements
  - Metabolic acidosis (buildup of acid in the body causing nausea and vomiting)
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## Who Can Benefit from Glutathione?

- People with oxidative stress-related illnesses (e.g., Alzheimer's, Parkinson's).
- Individuals with liver diseases or those undergoing chemotherapy.
- Those with male infertility (may benefit from injections).

- Patients with hyperpigmentation, aging skin, or individuals seeking complexion improvements.
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### Potential Benefits of Glutathione

- **Immune Support:** Strengthens the immune system and improves metabolism.
  - **Oxidative Stress Reduction:** Reduces the harmful effects of free radicals and protects against diseases like cancer, diabetes, Alzheimer's, and Parkinson's.
  - **Anti-Aging and Skin Health:**
    - Brightens the skin and reduces hyperpigmentation and dark spots.
    - Fades wrinkles, giving a youthful, glowing appearance.
    - Reduces skin discoloration and blotchiness with high doses.
  - **Liver Health:** Supports detoxification and helps reduce abdominal fat.
  - **Cognitive Function:** Improves memory and may help in conditions like Parkinson's disease.
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### Potential Side Effects

- **Asthma:** May worsen asthma symptoms—consult your doctor if you have asthma.
  - **Pregnancy or Breastfeeding:** Insufficient data for safe use; avoid unless advised by your healthcare provider.
  - **Drug Interactions:** Always inform your provider about any medications, supplements, or herbal products you are taking.
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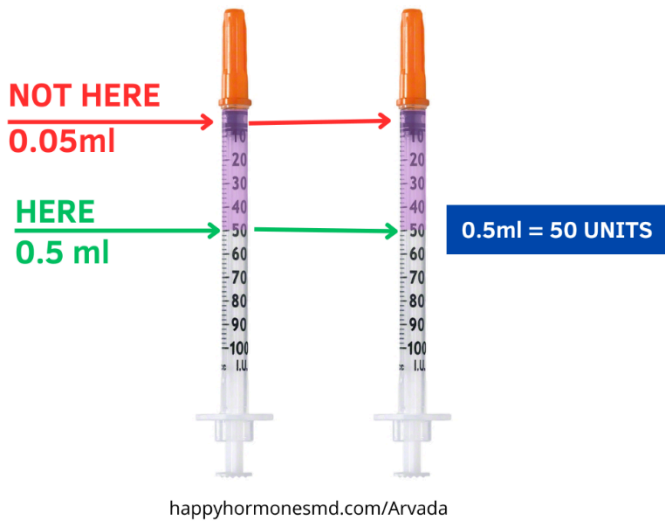
### Important Notes

- Long term use of Glutathione has been linked to lower **zinc** levels, so supplementation of zinc is recommended.
  - If you experience any unusual side effects, stop use and contact your healthcare provider immediately.
  - Vitamin C enhances the antioxidant properties of glutathione, so supplementation is recommended.
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### Dosage Guidelines

**Recommended Dose:** 100mg (0.5ml or 50 units) administered subcutaneously (SQ) or intramuscularly (IM) daily 5 days a week.

## 0.5ml - 50 units (Not 5 UNITS)



- **Duration:** A 30ml vial will last approximately 10 weeks at the recommended dosage.
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### Cost

**Strive Pharmacy** – Ships directly to the following states: AZ, CA, CO, DC, DE, FL, GA, HI, IA, ID, IL, KS, MA, MD, ME, MO, MS, MT, NE, ND, NH, NM, NV, NY, OH, OK, OR, PA, RI, SD, TN, TX, UT, WA, WY

- **200 mg/ml – 30 ml vial:** \$120 (Includes shipping)

**Strive Pharmacy** – All Other States

- **200 mg/ml – 30 ml vial:** \$162 (Includes shipping)
    - The pharmacy ships to me, and I will then ship it to you.
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### Important Disclosures

- These statements have not been evaluated by the US Food and Drug Administration (FDA).
  - Not intended to diagnose, treat, cure, or prevent any disease.
  - Compounded drugs and research peptides are not FDA-approved but are produced under strict quality control measures.
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