

Glutathione Complex

Glutathione Complex provides nutritional support for detoxification and immune function, and supplies nutrients shown to be especially supportive for liver and brain function.* L-glutathione (GSH), alpha-lipoic acid (ALA), and N-acetyl-L-cysteine (NAC) are three antioxidants, each powerful on its own; together they affect a host of critical cellular processes including oxidation and reduction reactions, detoxification reactions, and immune function.* Their actions are involved in glutathione production, scavenging of potentially harmful reactive free radicals, and primarily phase II liver detoxification.*



#52640
90 tablets

Key Features

- Supports liver detoxification, primarily phase II*
- Provides antioxidant protection*
- Supports production of glutathione*
- Facilitates the production of cellular energy*
- Enhances the effectiveness of other antioxidants*



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Glutathione (GSH) is a powerful tripeptide antioxidant that inhibits the formation of free radicals, and is thought to be the most important cellular antioxidant. It has been shown to help protect against damage from cigarette smoke, radiation, chemicals, heavy metals and X-rays, through its ability to protect the mitochondria and cellular nuclear structures.* GSH spares vitamin C, is involved in the regulation of DNA repair, and plays an important role in the detoxification systems of the body.* We always use L-glutathione in the preferred reduced form.

N-acetyl-L-cysteine (NAC) is the stable form of the amino acid cysteine. It provides many of the same benefits as GSH, both through its own detoxifying and antioxidant function, and as a precursor of GSH.* NAC can help the liver to detoxify pollutants such as cigarette smoke, auto exhaust, agricultural chemicals, cyanide, and toxic metals such as mercury, arsenic, chromium and lead, and can potentially help control the toxicity of some chemotherapy treatments.* Studies suggest NAC may support respiratory function through its activity on viscous mucus.* NAC is involved with the regulation of homocysteine levels. Through their mitochondrial protective antioxidant activity, NAC and alpha-lipoic acid used in combination have been shown to support mental and physical performance in animal studies and in preliminary human studies.*

Alpha-lipoic acid (ALA, thioctic acid) is an important antioxidant that is both fat-soluble and water-soluble. Because of this, ALA is sometimes called the "universal" antioxidant. ALA provides antioxidant protection throughout the body. It facilitates the production of energy in cells and enhances the effectiveness of other antioxidants, regenerating vitamins C and E. It supports healthy function of the eyes, and blood glucose within normal levels.* ALA is a powerful support for the detoxification processes of the liver.* It can reduce the toxicity of mercury, cadmium, lead, and excess copper, manganese, and zinc.* ALA can also bring about increases in cellular glutathione levels.

Selenium, Tetrahydrofurfuryl Disulfide, Riboflavin-5-Phosphate, Vitamin C are included to support the overall effectiveness of Glutathione Complex. Tetrahydrofurfuryl disulfide and riboflavin-5-phosphate are both sulfur enzymes, which can remain in their active, beneficial form (reduced) in the presence of glutathione. The enzyme glutathione reductase, which is involved with sulfur-reducing reactions, is selenium dependant. Vitamin C is provided as a natural preservative.

Supplement Facts

Serving Size	1 Tablet	
Servings Per Container	90	
Amount Per Serving	% Daily Value*	
Vitamin C (as Ascorbic Acid)	10 mg	11%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%
Selenium (as L-Selenomethionine)	20 mcg	36%
N-Acetyl-L-Cysteine	250 mg	†
L-Glutathione (Reduced)	200 mg	†
Alpha Lipoic Acid	150 mg	†

† Daily Value not established.
* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, magnesium stearate, silicon dioxide, croscarmellose sodium, ethyl vanilin, hydroxypropyl cellulose, gum acacia.

Suggested Use: As a dietary supplement, 1 tablet one to four times daily with meals, or as directed by a healthcare practitioner.

Caution: Lipoic acid can lower blood sugar levels. If you have diabetes or hypoglycemia, use this dietary supplement with caution.

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References:

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