

# Glutathione Fact Sheet

## Glutathione...

- **Is Your Body's Master Antioxidant**

Glutathione is considered the master antioxidant due to its unique multifunctional characteristics as well as its ability to neutralize many types of free radicals that assault the cell. It is one of the only antioxidants that can recycle itself again and again to continually fight free radicals.

- **Is The Primary Detoxifier of the Cell**

Today we are confronted by thousands of chemicals in the air we breathe, the food and water we ingest, and the materials we touch and handle. Many of these toxic chemicals enter our cells and must be eliminated to protect the cell and maintain optimum function. Glutathione is one of the cell's first line of defense against chemicals and toxins and the primary detoxifier that can eliminate many of these toxins when it is present in optimal amounts.

- **Is A Powerful Chelator of Heavy Metals**

Heavy metals enter our cells in the same manner as chemical toxins. Fortunately, they can be removed from the cell by a process of chelation. Glutathione is one of the cell's most powerful chelating agents.

- **Is The Protector of the Immune Cell**

Our immune cells are designed to protect us, but what protects the immune cells? Glutathione is the protector of the immune cells and is one of the ways in which our bodies support and protect the immune system.

- **Is The Protector of Mitochondrial DNA**

The breakdown of the mitochondrial DNA accelerates aging and increases cell death. Glutathione is the protector of the Mitochondrial DNA. The lower the glutathione level, the more vulnerable to damage this DNA becomes.

- **Is The Protector of the Nucleus of the Cell**

The nucleus of the cell regulates all cell activity and protecting it is critical to the health of the cell and its optimal function. When present in sufficient amounts, glutathione gives the nucleus the protection it needs.

- **Is Vital for Reduces Oxidative Stress**

Oxidative Stress is the most aggressive destructive force that assaults the cell. Cells manufacture a number of antioxidants to counter oxidative stress. Glutathione plays a primary role in neutralizing many different types of free radicals and supporting our antioxidant defense system.

- **Is The Re-Utilizing Agent of Ingested Antioxidants**

Antioxidants that are ingested that are not manufactured by the body, such as vitamin C or E, cannot be re-utilized by the cell after they have been spent, unless they are first converted into a usable state. Glutathione is the agent that converts those antioxidants into a state that can be utilized by the cell.

- **Is The Reducing Agent for Hemoglobin, Allowing it to Transport Oxygen to Every Cell**

The purpose of hemoglobin is to carry oxygen to all living cells. However, when it is oxidized it cannot carry an oxygen molecule and must first be reduced to an acceptable state. Glutathione protects hemoglobin from oxidizing agents and can also reduce the oxidized form to make this possible.

- **Is heavily studied for its many benefits**

There are over 100,000 scientific studies and articles recorded on Pub Med, the official U.S. Government library of medical research, that research the important role and function that glutathione plays in the body.