# L-Glutathione 250mg

#### DESCRIPTION

L-Glutathione, provided by Douglas Laboratories, supplies 250 mg of L-Glutathione in its reduced active form in a gelatin capsule.

#### **FUNCTIONS**

Body cells and tissues are threatened continuously by damage caused by toxic free radicals and reactive oxygen species (e.g., peroxides) which are produced during normal oxygen metabolism, by other chemical reactions, and by toxic agents in the environment. Free radicals are capable of disrupting metabolic activity and cell structure. When this occurs, additional free radicals are produced which, in turn, can result in more extensive damage to cells and tissues. The uncontrolled production of free radicals is thought to be a major contributing factor to many degenerative processes seen during aging. Glutathione is a naturally-occurring tripeptide of L-cysteine, L-glutamate and L-glycine. Glutathione is the essential co-substrate for two major antioxidant enzymes in the body; glutathione peroxidase and glutathione reductase. As such, glutathione offers one mechanism for scavenging toxic free radicals.

### **INDICATIONS**

L-Glutathione may be a useful dietary supplement for individuals wishing to increase their intake of glutathione.

# FORMULA (#83072)

One Capsule Contains:

L-Glutathione (reduced) ......250 mg

## **SUGGESTED USE**

Adults take 1 capsule daily or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse side effects have been reported.

#### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### **REFERENCES**

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Kamei A. Glutathione levels of the human crystalline lens in aging and its antioxidant effect against the oxidation of lens proteins. Biol Pharm Bull 1993;16:870-5.

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# For more information on L-Glutathione 250mg visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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