

Mega L-Glutathione Caps

250 mg, 60 capsules

Item Catalog Number: 00314

Glutathione (gamma-L-glutamyl-L-cysteinyl-glycine) is a peptide (short protein)-like molecule synthesized in the body from the three amino acids L-glutamic acid, L-cysteine, and glycine. Glutathione is one of the body's most important and powerful antioxidants, helping to detoxify xenobiotics. A major function of vitamin C is to keep glutathione in its reduced form so that they can continue to provide free radical quenching effects.⁷¹⁻⁷⁴

Even though many published studies show that garlic, selenium, alpha-lipoic acid, L-cysteine, and N-acetylcysteine can boost cellular glutathione levels, people with health problems may benefit from taking high doses of glutathione.^{71,75-77}

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

L-glutathione 250 mg

Other ingredients: gelatin, cellulose, purified water, magnesium stearate, silica.

Dosage and Use

- Take one capsule daily, preferably with a meal.

Caution

When taking N-acetyl cysteine it is recommended that two to three times as much vitamin C be taken at the same time. Failure to do so may result in more harm than good from taking this product because of the prolonged presence of the oxidized L-cysteine.*

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