GLUTATHIONE



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WHAT IS IT?

Glutathione is known as the master antioxidant and is the body's main defense in the fight against free radicals and oxidative stress. Glutathione is made in the body, and is found in nearly every cell. Glutathione has a protective effect on virtually all organs and systems including but not limited to the immune system, the digestive system, the lungs, liver, heart and muscle. Cellular and mitochondrial levels of glutathione are a key predictor of health and longevity, and glutathione production can be limited by age, stress and environmental toxins.

WHAT DOES IT DO?

Glutathione is a functional molecule with diverse actions in the body. Most notably, glutathione is an important antioxidant capable of neutralizing free radicals. It is the conductor of the entire internal antioxidant system we all have and supports the recycling of other antioxidants like vitamin C and E- making them more effective and long lasting. It further protects the body by intercepting inflammatory pathways. Glutathione is necessary to bring the body into a state of sustained homeostasis and is an integral part of the innate detoxification pathways.

INDICATED IN:

- Anti Aging
- Fertility
- Cardiovascular and neurological health
- Skin health and vibrancy
- Eye health/improving eyesight/eye diseases
- Supporting immune function
- Diseases with an inflammatory component
- Overall health and wellness
- Hormone health

WHO IS THIS FOR?

- Individuals with low protein intake
- People with recurrent and frequent infections
- Those living in areas with high amounts of air pollution
- Anyone with a high toxic load
- The aging population
- Those living with high stress levels
- People experiencing inflammation

The only way to increase blood levels of glutathione through oral delivery (supplement) are liposomal preparations such as Lypo-Spheric® Glutathione. Capsules of glutathione haven't been able to clinically increase levels in the body. This is predominately due to two factors:

- Glutathione gets broken apart into its building blocks (glycine, glutamate and cysteine) in the stomach. As a result of this, an intact glutathione molecule doesn't get absorbed.
- 2. The half life of glutathione is 1.6 minutes. Oral glutathione (with the exception of liposomal) is usually oxidized before it gets absorbed into circulation.



NEUROLOGICAL HEALTH

LEARN MORE

Low brain levels are associated with neuronal loss, Parkinson's disease, stroke and Alzheimer's

- Regulates brain metabolism and ensures neurons function correctly
- Protects the central nervous system from oxidative stress
- Inhibits neurodegeneration



IMMUNE SYSTEM LEARN MORE

- May support autoimmunity through regulating immune-related inflammation
- Needed for the health and functioning of various immune cells
- Anti-viral capacity
- Required for innate and adaptive immune responses



DETOXIFICATION LEARN MORE

- Helps the body metabolize and eliminate xenoestrogens
- Needed for phase 1 and phase 2 detoxification pathways in the liver
- Assists in taking mercury and POPs out of cells for elimination from the body
- Depleted with high toxic load



CARDIOVASCULAR HEALTH

LEARN MORE

- Supports healthy blood pressure
- Can increase insulin sensitivity
- Improves blood flow via the relationship with nitric oxide
- Helps to reduce risk of atherosclerosis/blocked arteries

Disclaimer: This is intended for informational purposes only and is not medical advice. Always check with your healthcare provide before starting a new supplement.