



## Glutathione Tablets 500 mg

### Glutathione: Uses, Dosage, Side Effects

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Glutathione is one of the natural components within the human body, playing a crucial role in our health. Besides being naturally produced by the body, glutathione can be administered intravenously, in oral tablet form, or as an inhalant.

#### 1. What is Glutathione?

Glutathione (GSH) is a naturally occurring substance produced by the liver and found in fruits, vegetables, and meat. It is synthesized by cells from three amino acids: cysteine, glutamic acid, and glycine.

Glutathione levels in the body can be depleted by several factors, including poor nutrition, environmental toxins, and stress. Additionally, its levels can decline with age.

#### 2. Benefits of Glutathione

Depending on the method of use and the patient's purpose, Glutathione offers different benefits, specifically:

##### 2.1 Oral Glutathione for the Treatment of

- Glaucoma and cataracts
- Preventing aging
- Treating or preventing alcohol addiction, asthma, heart disease (atherosclerosis and high cholesterol), cancer, hepatitis, liver disease, diseases that weaken the immune system (including AIDS and chronic fatigue syndrome), memory loss, Alzheimer's disease, osteoarthritis, and Parkinson's disease.
- Maintaining a healthy immune system and preventing metal and drug poisoning.

## **2.2 Use of Inhaled Glutathione for Treatment**

Lung infections, including cystic fibrosis, idiopathic pulmonary fibrosis, and lung disease in individuals with HIV.

## **2.3 Intravenous Glutathione for Treatment**

- Male infertility
- Preventing dangerous side effects of cancer treatment (chemotherapy)
- Preventing fatigue and anemia in patients with kidney disease undergoing dialysis
- Preventing kidney problems after heart surgery
- Treating Parkinson's disease
- Improving blood flow and reducing blood clots in people with atherosclerosis
- Treating diabetes
- Preventing dangerous side effects of chemotherapy.

Glutathione can be used to treat male infertility.

## **3. Mechanism of Action of Glutathione**

Glutathione is involved in numerous biological processes, including tissue building and repair, and the production of essential chemicals and proteins for the body and immune system.

As a powerful antioxidant, glutathione is essential for maintaining healthy cells. It acts like a magnet, attracting free radicals, heavy metals, and toxins absorbed daily through the skin, breath, water, and food, stimulating their elimination from the body and keeping the body healthy.

Glutathione is not only produced naturally by the body but can also be recycled. If glutathione cannot be recycled, the body becomes overloaded with toxins, leading to an imbalance.

## **4. Glutathione Dosage**

Glutathione also has skin-lightening properties.

Glutathione comes in two forms:

- Powder form
- Sachet form

The dosage of Glutathione depends on the purpose of use, age, health condition, and other factors of each individual. Taking Glutathione for skin whitening differs from taking it for disease prevention and treatment. However, note that oral Glutathione requires a certain period to achieve optimal effectiveness. Therefore, you should persistently follow the dosage and regimen prescribed by your doctor.

#### **4.1 Glutathione Dosage for Skin Whitening (Oral)**

For the first 3 months, you can take approximately 1000mg-2000mg of Glutathione, then reduce it to 500mg per day. Doctors also recommend not exceeding 2000mg of Glutathione per day and avoiding long-term use, as it may lead to poisoning and other dangerous complications.

#### **4.2 Glutathione Dosage to Support Cancer Treatment (Oral)**

To support cancer treatment, patients can supplement with Glutathione to protect the body from the dangerous side effects of chemotherapy. Glutathione can be taken before radiation therapy:

- Taking 1000mg of Glutathione daily helps protect kidney cells and nerve cells from the toxic effects of chemotherapy (Oxaliplatin, Cisplatin, Cyclophosphamide, 5.FU, etc.).
- Taking 500-1000mg/day helps improve and restore health, and prevent fatigue in cancer patients.

#### **4.3 Glutathione Dosage to Support Liver Disease Treatment (Oral)**

Because Glutathione is effective in restoring liver function, you can supplement with about 1000mg of Glutathione daily to protect liver cells and prevent damage and necrosis caused by peroxy free radicals in toxic hepatitis.

In cases of viral hepatitis, you should take about 500mg per day until recovery.

Patients with cirrhosis or liver failure should take 500-1000mg/day to help the liver detoxify the body.

Additionally, many other conditions can be treated with Glutathione, including myocardial infarction, diabetes, Parkinson's disease, Alzheimer's, HIV, and brain injuries from trauma. Each condition has a specific Glutathione dosage prescribed by a doctor.

### **5. Side Effects of Glutathione**

Bloating is one of the possible side effects of using Glutathione.

A diet rich in foods high in Glutathione does not pose any health risks. However, not everyone can supplement with Glutathione. It's best to consult your doctor to

determine if it is right for you. When using Glutathione, you may experience the following side effects:

- Abdominal cramps
- Bloating
- Difficulty breathing due to bronchial spasms
- Allergic reactions, such as rash.

If you experience any of the symptoms listed above, you should consult your doctor for advice and adjust the Glutathione dosage accordingly.

## **6. Precautions before Using Glutathione**

Before using Glutathione, you should consult your doctor if you are in the following conditions:

- Pregnant or breastfeeding
- Using other medications
- Allergic to any substance in Glutathione or other drugs, herbs
- Have other medical conditions
- You are allergic to foods, preservatives, dyes, or animals.

Glutathione is considered safe for most adults when used orally, inhaled, or injected intramuscularly or intravenously. However, the following cases should be noted:

- Asthma: Avoid inhaling Glutathione to prevent worsening asthma symptoms.
- Pregnant and lactating women: Consult your doctor before use to avoid adverse effects on both mother and baby.

Users should also weigh the benefits and risks before using Glutathione. It is best to consult your doctor before using them.