



Top 12 Benefits of Glutathione

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CENTRAL DRUGS ACADEMY presented by Central Drugs Compounding Pharmacy

Glutathione provides a wide array of health benefits, thanks to its powerful antioxidant properties.

❑ **Helps fight oxidative stress**

Low levels of glutathione have been linked to high oxidative stress, which may lead to a number of serious health issues, like diabetes, cancer and rheumatoid arthritis, to name a few. Studies have shown that maintaining normal glutathione levels may help protect the body against oxidative damage.

❑ **Helps control inflammation**

According to a 2009 study published in the journal *Autoimmunity Reviews*, glutathione may help regulate inflammation by stimulating or inhibiting your body's immunological response.

❑ **Helps keep age-related health problems at bay**

Research shows that improving glutathione synthesis through higher dietary cysteine intake may help stave off age-related health issues, as it has a favorable effect on muscle and vascular health, bone density and cognitive function.

❑ **Helps in the management of Parkinson's and Alzheimer's disease**

Parkinson's and Alzheimer's disease are both linked to oxidative stress and low levels of glutathione.

❑ **Helps fight infections**

According to a 2013 study published in *Biochimica Et Biophysica Acta*, glutathione may help fight against microbial, viral and parasitic infections while enhancing the functional activity of immune cells and improving your innate and adaptive immunity.

❑ **Aids in the management of autism**

Study shows that children with autism have lower levels of glutathione, putting them at a higher risk of neurological damage caused by oxidative stress.

❑ **Helps reduce the impact of uncontrolled Type 2 diabetes**

Uncontrolled hyperglycemia is often accompanied by low glutathione levels, which may lead to higher oxidative stress and tissue damage.

❑ **Helps improve heart health**

Studies have shown that increasing your glutathione levels may reduce your risk of heart attack and other cardiovascular diseases, since it protects the heart tissues against oxidative stress.

❑ **Helps improve skin health**

A 2017 study published in the *Clinical, Cosmetic and Investigational Dermatology* shows that the reduced and oxidized forms of glutathione may help reduce the appearance of wrinkles and improve skin elasticity.

❑ **Helps increase the mobility of people with peripheral artery disease**

A study shows that glutathione may help improve leg arterial circulation and prolong pain-free walking distance (PFWD) of patients with peripheral artery disease.

❑ **Helps treat psoriasis**

Psoriasis vulgaris is a common autoimmune disease that's linked to higher *levels* of oxidative stress and systemic inflammation. Research shows that increasing glutathione levels by consuming whey protein may help treat patients with psoriasis.

❑ **Helps prevent anemia in patients with chronic renal failure**

Research shows that glutathione may help increase the levels of red blood cells in patients who are suffering from chronic renal failure and undergoing hemodialysis, making it a useful compound for the treatment and management of anemia in patients with kidney disease.

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