



The use of Glutathione for Liver, Pancreas & Gut Health

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Glutathione, known as the mother of all antioxidants, should be definitely taken advantage of when it comes to enhancing the health of the liver, pancreas, and gut. But that is not all – Glutathione seems to be able to both efficiently prevent and treat various health issues linked to these organs including nonalcoholic fatty liver disease, acute pancreatitis, leaky gut syndrome, and irritable bowel syndrome. Let's explore the mechanisms of action of Glutathione and its ability to reflect positively on human health.

Glutathione for liver health

The powerful antioxidant abilities of Glutathione come in handy when it comes to liver health. Thanks to its antioxidant abilities, Glutathione is able to reduce the levels of oxidative stress in the body, especially when it comes to the liver. By neutralizing the oxidative stress, Glutathione is [protecting](#) the liver from the common liver diseases which can be potentially life-threatening.

And when the liver disease does happen, such as nonalcoholic fatty liver disease, Glutathione supplements have been found beneficial in the treatment process, [according](#) to a study published in 2017. Nonalcoholic liver disease has been [estimated](#) to affect more than 100 million American adults. Glutathione supplements are able to reduce the cell damage in the liver, which can potentially lead to liver disease, by stabilizing the antioxidant levels, especially the ones of Glutathione in the body, whose deficiency is considered to increase the risk of liver disease due to cell damage and death. Increasing the Glutathione levels can help not only to reduce the present damage but also, to prevent any further liver damage, which will contribute to an effective treatment.

For the purposes of enhancing the liver's health, Glutathione is meant to be given orally. As for patients who have been diagnosed with nonalcoholic fatty liver disease, its best [approach](#) is for Glutathione to be given intravenously in high dosages. Combined with serious lifestyle changes, Glutathione has been suggested to cause a significant improvement in the lives of these patients.

Glutathione for pancreas health?

High levels of oxidative stress are known to harm the pancreas as well, increasing the risk of both acute and chronic pancreatitis. In fact, oxidative stress has been [confirmed](#) as a contributing factor for acute pancreatitis, pointing out the importance of antioxidants as a part of the treatment process of this serious health issue.

Since Glutathione, along with Vitamin C and Vitamin E, represent the best antioxidants that we can rely on, acute pancreatitis patients should be advised towards supplementing with all of the three important antioxidants. These antioxidants will [efficiently](#) reduce the levels of oxidative stress and free radicals in the body, thus improving the overall health and preventing further health issues in the future to happen. By supplementing with Glutathione, individuals will be able to protect their pancreas and also treat these issues in the case that they do happen.

The best results have been achieved with Glutathione has been taken in combination with Vitamin C, for oral consumption. This, along with some serious lifestyle changes and proper therapy, has provided great results in the past. Although more research needs to be done, supplementing with Glutathione still presents itself as a valuable treatment method for acute pancreatitis.

Glutathione for gut health

Leaky gut syndrome, increasing the risk of multiple health issues, represents a medical condition that requires immediate attention. Luckily, researchers are coming up with new ideas on how to, not only treat but also prevent the leaky gut syndrome. The prevention and treatment of leaky gut syndrome include the use of Glutathione supplements.

An enzyme, known as Glutathione peroxide, which is responsible for the strong antioxidant abilities of Glutathione, has been found helpful when it comes to protecting the gut walls and making them stronger. By strengthening the gut lining, Glutathione helps prevent the leaky gut syndrome, as a study [published](#) in Biochemistry has been telling us. Although the study has been done on animal subjects, and more research is required to be done on the topic, what we do know sounds promising enough.

But Glutathione can help patients with irritable bowel syndrome as well. It has been revealed that these patients have [reduced](#) activity of the enzymes which are involved in the synthesis of Glutathione. They have also been discovered to have lower levels of the main ingredient of Glutathione – cysteine, one of the three amino acids that combined represent Glutathione in the body.

By supplementing with Glutathione supplements, individuals will be able to strengthen their gut walls, and gut microflora, while acting to both prevent and treat the difficult digestive issues that are so commonly being diagnosed nowadays. For these patients, the best approach seems to be intravenous or topical use of Glutathione. However, the exact dosage is to be determined individually for each patient, taking in consideration different factors such as age, gender, overall health, medical history, etc.

Conclusion?

The liver, pancreas, and gut are all valuable organs whose health needs to be maintained within perfect ranges at all times. Despite everything, there are still a lot of things that can go wrong regarding these three important body organs. Luckily for us, Glutathione, the powerful antioxidant that it is, is able to help us protect the health of these organs, but also, to treat some of the most difficult health issues that are happened regarding them as well.

References

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