



Accurate Clinic

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Glutathione

Glutathione is a potent antioxidant made by the liver and found in high concentrations in the respiratory tract. It has various important functions in the body including protection against oxidative damage, recycling other antioxidants that are in the body, chelating toxins for removal from the body, DNA synthesis and repair, prostaglandin synthesis, detoxification, and enhancement of immune system function.

What are the benefits of Glutathione?

Glutathione has been studied for its effectiveness in several conditions including upper respiratory tract infections, chronic sinus infections, viral infections, treatment of chemical exposures, Parkinson's disease, HIV, diabetes, asthma and decreasing toxicity caused by chemotherapy. While the studies have not been conclusive, glutathione is thought to be possibly beneficial for immune function, detoxification, brain health, and skin health. Large clinical trials have not yet been conducted to confirm the benefits for glutathione, however small trial studies have shown glutathione to have potential benefits.

Glutathione is present in high concentrations in the lower respiratory tract and contributes to maintaining the immune function in the lungs. A study performed by Buhl et al. determined that aerosolized glutathione is well absorbed in the lower respiratory tract and may be effective in disorders with increased levels of oxidants in the lungs, such as bronchitis, respiratory syndrome, cystic fibrosis and pulmonary fibrosis. Because of its immune function, glutathione was also found to be effective for upper respiratory tract disorders such as chronic rhinitis and asthma.

Glutathione has also been found to be effective against viral replication. One study found that following glutathione depletion viral replication and oxidative stress increased. In the study the subject group receiving NAC (a precursor to glutathione) showed significantly decreased symptomatic episodes of influenza. Because NAC is a precursor to glutathione, the study concluded that maintaining high glutathione levels may attenuate influenza like symptoms. Glutathione deficiency has also been linked to a decrease in pancreatic function, which could potentially be responsible for diabetic complications.

How is Glutathione prescribed?

Because Glutathione is not well absorbed when taken orally, Glutathione is prescribed either as an IV infusion or as a nebulized inhalant. Glutathione is typically dosed at 1500mg per IV once a week or 120mg per nebulized treatment twice a day. Depending on the symptoms being treated, glutathione is used for one to two months, or until symptoms resolve. Due to its potent antioxidant activity and possible immune stimulating properties, glutathione can be used as an antioxidant treatment or for infections including respiratory and sinus infections. Glutathione's possible respiratory benefits suggest it may be helpful in patients with COPD.

What are the potential side effects of Glutathione?

No serious side effects of Glutathione have been reported. Some patients may experience burning or irritation at the injection site, headache, nausea, or dizziness.

Is Glutathione an FDA approved treatment?

Glutathione is an FDA approved product, however the FDA has not established any specific guidelines for treatment.

How long can Glutathione be taken?

There are no known time constraints for glutathione therapy. If therapy is discontinued, benefits may continue for 2 – 4 months. Glutathione therapy is typically used for one to two months or until symptoms being treated resolve.

Disclaimer:

These statements have not been evaluated by the FDA (U.S. Food & Drug Administration). The use of Glutathione is not intended to diagnose, cure or prevent any disease. This information and advice published or made available through Accurate Clinic is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. This information is provided for informational purposes only and is not a substitute for professional medical advice. You should not use this information for diagnosing or treating a medical or health condition. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention.



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Additional references available on request