

THE COMPREHENSIVE GUIDE TO
GLUTATHIONE
RESEARCH AND CLINICAL APPLICATIONS

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FOREWORD BY
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GSH
BOOKS

MONTREAL, CANADA

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introduction

Glutathione—the Master Antioxidant

How does GSH work with other antioxidants? All have their advantages and disadvantages. You should never stop using established supplements like vitamins C and E, which act synergistically with GSH. This means they enhance each other's effectiveness.

We call GSH the master antioxidant because it replenishes the action of other antioxidants. When vitamins C and E pick up a damaging oxyradical, they hand it off to the GSH system and are then free to go back for others. GSH similarly neutralizes peroxide and lipoic acid. In fact, all of these

antioxidants help to neutralize each other, and glutathione is at the center of cellular antioxidation systems. Strictly speaking, it's GSH and not the vitamin that ultimately neutralizes the radical.

Another synergistic antioxidant is selenium. Studies show it to be clinically similar to glutathione and it is an integral component of the important enzyme GSH-peroxidase. For this reason, selenium is considered a GSH booster.

None of these important but lesser antioxidants occur naturally in the cell—only

glutathione. All others are derived from food we eat. Because GSH is a vital component of your cells, it is an "endogenous" antioxidant, meaning that it's made within, from amino acid precursors.

If you want to boost your body's defenses against oxidation, your best bet is to get

Conclusion

Glutathione carries out many functions in the body, of which focus on the acronym "IDEA". GSH is a critical element that sustains the function and well-being of our Immune system, a key enzyme system for the Detoxification of countless noxious substances, Essential for the maintenance of cellular Energy.

GL

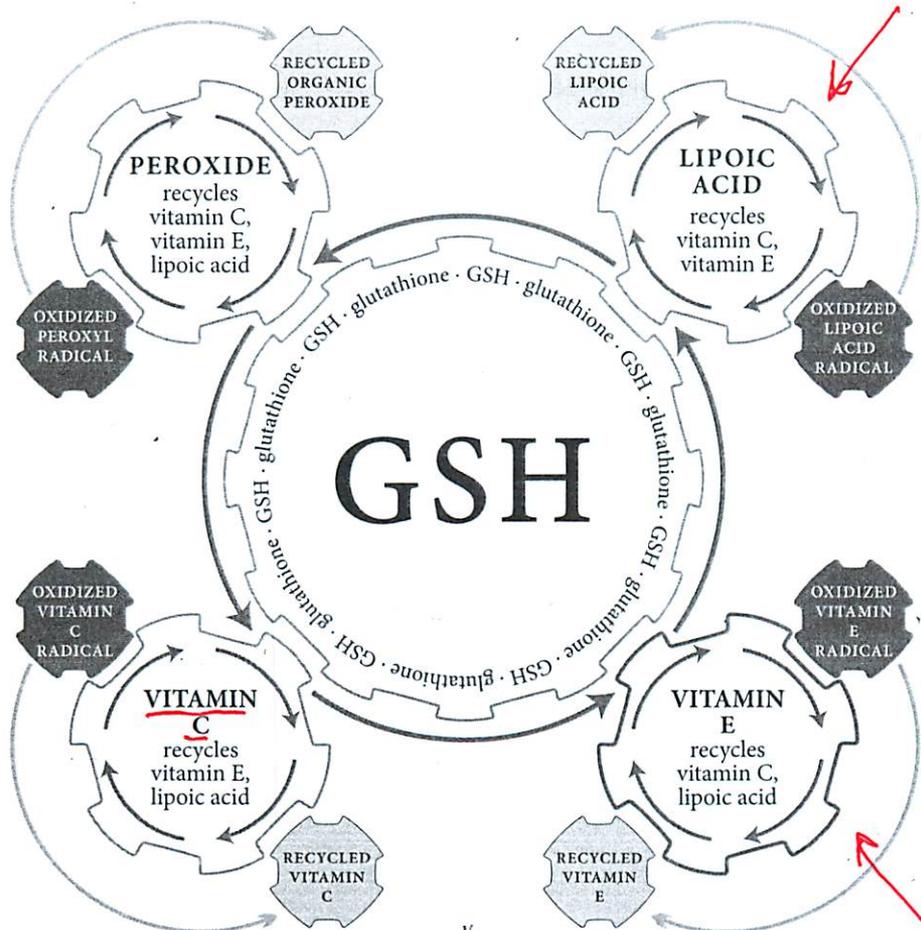


FIGURE 6: Inside each cell the antioxidation gears are driven by GSH as it recycles peroxide, lipoic acid, vitamin C, vitamin E and other antioxidants, getting them back to work

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