Benefits of Glutathione

Glutathione is a **powerful antioxidant** that the body produces naturally to fight free radicals, which can damage cells and increase risk for a wide range of diseases.

Research claims that there are several benefits of adding glutathione supplements to the diet. High glutathione levels can help reduce the effects of stress on the body, as well as reduce inflammation throughout the body.

Who Should Take Glutathione?

Glutathione is effective for people of all age groups. It can reduce oxidative stress **throughout the body and may protect cells from age-related damage. However,** younger people may also still see overall health benefits from using glutathione.

It is also an effective supplement for anyone who is worried about liver health. It may help patients with liver damage from alcohol use, and it also may be able to improve liver function in those whose condition is not a result of alcohol.

Although it is not a primary treatment option, glutathione may also reduce the risk of cancer by protecting the body from oxidative stress.

As always, should you have questions, please consult your healthcare professional.