

Glutathione

GSH / Reduced Glutathione and Skin Whitening

Glutathione is an amino acid found in every cell of a living organism. It's considered as the **ultimate and master antioxidant known to man** because it protects the body from a multitude of diseases and conditions.

But as we age, our glutathione levels are depleted due to exposure to air pollutants, stress, drugs, smoking, or food chemicals that damage our cellular systems.

Glutathione Side Effects

Health benefits of Glutathione

As mentioned above, glutathione can help fight:

- infertility (especially for men)

- human immunodeficiency virus (HIV)

- cancers

- cataracts

- thyroid problems

- liver problems (toxins, heavy metals, alcohol)

- chronic fatigue

- heart disease especially those with LDL or bad cholesterol

- multiple sclerosis

- Alzheimer disease

- Parkinson's disease

- arteriosclerosis

- and the list goes on...

And the skin benefits? L-Glutathione skin whitening works from the inside to repair and nourish skin -

- Gives skin a radiant glow.

- Makes pores finer.

- Removes skin hyperpigmentations.

- Skin becomes smoother and clearer.

- Controls acne and prevents acne marks.

- Defies the aging process.

So.. do we all need glutathione?

Heck, absolutely!

Glutathione is part of us. It is in our body. Wouldn't you drink more milk if you lack calcium in your body?

Whether you take it **as an antioxidant or skin whitening pill**, we all need the help from today's demanding fast-paced lifestyle. Even for healthy individuals.

Glutathione goes deep into the cellular level of our arteries, brain, heart, immune cells, kidneys, lenses of the eyes, liver, lungs, and skin against oxidant damage.

The benefits of glutathione skin whitening pills are immense. It just blows me away.

Look...

It preserves good health.

It promotes longer life.

It is **the** anti-aging answer to premature wrinkling.

It improves the immune system.

It's involved in the synthesis & repair of DNA .

It detoxifies nicotine in the body (great for smokers!).

There are no known negative glutathione side effects. Except for... skin whitening.

Therefore, L-Glutathione skin whitening pill has the ability to lighten dark skin pigmentations (dark acne scars, freckles, dark underarms, age spots, etc) because glutathione is proven to reverse the melanin's metabolism turning dark pigmentations (eumelanin) into light pigmentations (phaeomelanin).

I know.. I know your next question.. *"How long will I see an improvement?"*

Light-medium brown skin: 1-3 months

Dark brown skin: 3-6 months

Very dark skin: 6-12 months

Black skin: 18 months minimum and above

It needs a little time to build up and work.

Though there is a faster way - **IV Glutathione** or **Intravenous Glutathione**. Yep, they're injectables and in much higher doses. Way more expensive too. They scare me a bit because I hate needles, but it may work faster compared to oral supplementation.

Like topical skin lighteners, results from taking skin whitening pills can get faster or slower depending on your skin sensitivity, metabolism and body chemical functioning.

A Glutathione skin whitening pill's efficacy in skin whitening **works only if it is taken with Vitamin C** at least equal or twice its dosage. So if you're taking 500mg of glutathione, Vitamin C should be at least 1000mg.