

# Glutathione

**What is it?**

Glutathione is a dietary supplement used as an antioxidant to help protect the body from many diseases and conditions. It is also used to treat infertility (difficulty getting pregnant), cancer, cataracts, and human immunodeficiency virus (HIV). Glutathione is used to detoxify various chemicals from the body.

Other names for Glutathione include: Gamma-glutamylcysteinylglycine and GSH.

Ask your doctor, nurse, or pharmacist if you need more information about this medicine or if any information in this leaflet concerns you.

**Before Using:**

Tell your doctor if you

- are taking medicine or are allergic to any medicine (prescription or over-the-counter (OTC) or dietary supplement)
- are pregnant or plan to become pregnant while using this medicine
- are breastfeeding
- have other health problems, such as high blood pressure or heart or blood vessel disease

**Dosage:**

Talk with your caregiver about how much Glutathione you should take. The amount depends on the strength of the medicine and the reason you are taking Glutathione. If you are using this medicine without instructions from your caregiver, follow the directions on the medicine bottle. Do not take more medicine or take it more often than the directions tell you to.

**To store this medicine:**

Keep all medicine locked up and away from children. Store medicine away from heat and direct light. Do not store your medicine in the bathroom, near the kitchen sink, or in other damp places. Heat or moisture may cause the medicine to break down and not work the way it should work. Throw away medicine that is out of date or that you do not need. Never share your medicine with others.

**Warnings:**

Before taking Glutathione tell your doctor if you are pregnant or breastfeeding

**Side Effects:**

Stop taking your medicine right away and talk to your doctor if you have any of the following side effects. Your medicine may be causing these symptoms which may mean you are allergic to it.

Breathing problems or tightness in your throat or chest

Chest pain

Skin hives, rash, or itchy or swollen skin

**Other Side Effects:**

You may have the following side effects, but this medicine may also cause other side effects. Tell your doctor if you have side effects that you think are caused by this medicine.

Zinc deficiency was seen in long term use of a combination product containing Glutathione (1)

**References:**

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3. Cascinu S, Labianca R, Alessandrini P et al: Intensive weekly chemotherapy for advanced gastric cancer using fluorouracil, cisplatin, epi-doxorubicin, 6S-leucovorin, glutathione and filgrastim: a report from the Italian Group for the Study of Digestive Tract Cancer (GISCAD). *J Clin Oncol* 1997; 15:3313-3319.
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5. Holroyd KJ, Buhl R, Borok Z et al: Correction of glutathione deficiency in the lower respiratory tract of HIV seropositive individuals by glutathione aerosol treatment. *Thorax* 1993; 48:985-989.
6. Borok Z, Buhl R, Grimes GJ et al: Effect of glutathione on oxidant-antioxidant imbalance in idiopathic pulmonary fibrosis. *Lancet* 1991; 338:215-216.
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