

Gluthasil 500 Tablet

L-Glutathione

Strength: 500mg

Form: Tablet

**Therapeutic Class: Antioxidant
Supplement**

Description

L-Glutathione is a powerful antioxidant naturally found in the body, primarily in the liver, that plays a crucial role in protecting cells from oxidative damage and supporting immune system function. It is composed of three amino acids: glutamine, cysteine, and glycine. As a major antioxidant, L-Glutathione helps neutralize free radicals and reactive oxygen species (ROS), which can damage cells and contribute to aging and various diseases.

In supplement form, L-Glutathione is commonly used to support detoxification, promote skin health, and enhance overall cellular health. Its detoxifying properties are particularly beneficial for individuals exposed to toxins, environmental pollutants, or those looking to improve their immune system function.

Indications

L-Glutathione 500mg tablets are commonly used for:

- **Antioxidant Protection:** Neutralizes free radicals and oxidative stress, which are associated with aging, chronic diseases, and cell damage.
- **Liver Detoxification:** Supports liver function and detoxification processes by reducing oxidative stress in liver cells.
- **Skin Health:** May promote a brighter, more even skin tone and reduce the appearance of dark spots or hyperpigmentation.
- **Immune System Support:** Strengthens the immune system by enhancing the function of white blood cells.
- **Anti-Aging Benefits:** Helps reduce the effects of aging by protecting cells from oxidative damage and supporting cellular repair.

Dosage and Administration

- **Recommended Dose:**
 - **Adults:** Take 1 tablet (500mg) once or twice daily, preferably with meals, or as directed by your healthcare provider.
 - **Children:** Use only under the guidance of a healthcare provider.

Note: Always follow the dosing instructions provided by your healthcare provider for optimal results.

Contraindications

- **Hypersensitivity:** Known allergy or hypersensitivity to L-Glutathione or any of the ingredients in the tablet.
- **Pregnancy and Lactation:** Although L-Glutathione is generally considered safe, pregnant or breastfeeding women should use it only under the guidance of a healthcare provider.
- **Severe Liver Disease:** People with severe liver diseases or conditions should consult a doctor before using L-Glutathione supplements.

- **Digestive Upset:** Mild nausea, bloating, or stomach discomfort.
- **Allergic Reactions:** In rare cases, some individuals may experience allergic reactions such as rashes or itching.
- **Respiratory Effects:** Rarely, respiratory symptoms such as shortness of breath may occur.

If any serious side effects occur, such as difficulty breathing or swelling, seek medical attention immediately.

Precautions

- **Pregnancy and Breastfeeding:** The safety of L-Glutathione during pregnancy and lactation has not been fully established, so consult with your healthcare provider before use.
- **Allergies:** If you have a history of allergies to supplements or compounds like amino acids, consult with your healthcare provider before use.
- **Medications:** If you are taking medications, especially those for liver conditions, chemotherapy, or autoimmune disorders, consult with your doctor before taking L-Glutathione to avoid potential interactions.

Drug Interactions

- **Chemotherapy:** There is some evidence to suggest that L-Glutathione may interact with certain chemotherapy drugs, potentially affecting their efficacy. Always consult with your oncologist before using L-Glutathione if you are undergoing cancer treatment. □
- **Corticosteroids and Immunosuppressants:** L-Glutathione may interact with immunosuppressing medications, so consult your healthcare provider if you are on immunosuppressants.

Always inform your doctor about any other medications or supplements you are taking before starting L-Glutathione.

Side Effects

L-Glutathione is generally considered safe when taken as directed. However, some individuals may experience mild side effects, including:

Storage Instructions

- Store in a cool, dry place at room temperature (15-30°C).
- Keep the bottle tightly closed and away from direct sunlight.

- **Keep out of reach of children and pets.**
 - **Avoid storing in areas with excessive moisture, such as bathrooms.**
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Additional Notes

- **Consult Your Healthcare Provider:**
If you have any underlying health conditions, such as liver disease, or are pregnant or breastfeeding, consult your doctor before using this product.
- **Antioxidant Support: L-Glutathione**
works best when paired with a healthy diet rich in fruits, vegetables, and other antioxidants to support overall health and wellness.

L-Glutathione supplements can be a valuable addition to a wellness regimen, providing antioxidant protection, liver support, and potentially promoting healthier skin and aging.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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