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Glutathione, Cysteine & C
100 capsules
Item Catalog Number: 113

L-cysteine is a conditionally essential amino acid, one of only three sulfur-containing amino acids, the others being taurine (which can be produced from L-cysteine) and L-methionine from which L-cysteine can be produced in the body by a multi-step process. Cysteine plays a role in the sulfation cycle, acting as a sulfur donor in phase II detoxification and as a methyl donor in the conversion of homocysteine to methionine. Cysteine also helps synthesize glutathione, one of the body's most important natural detoxifiers. N-acetyl-cysteine is the acetylated form of L-cysteine, which is more efficiently absorbed and used.54-64

Glutathione (gamma-L-glutamyl-L-cysteinyl-glycine) is a peptide (short protein)-like molecule synthesized in the body from the three amino acids L-glutamic acid, L-cysteine, and glycine. Glutathione is one of the body's most important and powerful antioxidants, helping to detoxify xenobiotics. A major function of vitamin C is to keep glutathione in its reduced form so that they can continue to provide free radical quenching effects.65-68

Even though many published studies show that garlic, selenium, alpha-lipoic acid, L-cysteine, and N-acetyl-cysteine can boost cellular glutathione levels, people with health problems may benefit from taking high doses of glutathione.65,69-71

References

Supplement Facts

Serving Size 1 capsule
Servings Per Container 100
Amount Per Serving

Vitamin C (as ascorbic acid)	500 mg
L-Glutathione (reduced)	50 mg
L-Cysteine Hydrochloride	200 mg

Other ingredients: rice flour, magnesium stearate, gelatin, water.
Contains soybeans. Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule one to three times daily on an empty stomach, or as recommended by a healthcare practitioner.

Caution

When taking N-acetyl cysteine it is recommended that two to three times as much vitamin C be taken at the same time. Failure to do so may result in more harm than good from taking this product because of the prolonged presence of the oxidized L-cysteine.*

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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