

# L-Glutathione Complex

(Reduced form L-Glutathione)

## Presentation

A white powder in a clear hard shell capsule.

### Each capsule delivers:

L-Glutamic Acid	194mg
L-Cysteine	158mg
Glycine	98mg
L-Glutathione	50mg

### Encapsulated with:

Cellulose, Capsule Shell (Gelatin), Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

**Disintegration time:** Less than 30 minutes.

quantity  
60

type  
capsules

code  
8311



## Uses

L-Glutathione is a tripeptide containing glutamic acid, cysteine and glycine. It forms the enzyme glutathione peroxidase which is one of the body's most powerful antioxidants.

- Lamberts® Glutathione complex contains good levels of each amino acid as well as reduced glutathione to maximise absorption
- Essential for Phase II liver detoxification (glutathione-S-transferase)
- May support detoxification especially in individuals with a high toxic burden
- Involved in red and white blood cells formation.

### Usage and administration

1 to 3 capsules daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for children, or pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

