

Anti-Aging Benefits of Glutathione:

Three Main Anti-Aging Benefits of Glutathione:

a. Anti-oxidation and Free Radical Hunters

Glutathione is a natural antioxidant found in the cells.

There are other antioxidants such as vitamin C and E which depend on glutathione to function effectively. Alpha lipoic acid is also an antioxidant which depends on Glutathione for its functions.

Free radicals are waste products that remain after cells consume oxygen and nutrients. These radicals are picked up by vitamins C and E, and then passed to GSH.

Glutathione is used to neutralize the free radicals that are very harmful to the body. With low levels of glutathione, even the best vitamins cannot perform their functions effectively.

b. Increased Immune System

The immune system is used to protect your body against diseases and foreign matters. The immune system is able to protect your body in two ways; the first way is by producing antibodies that fight foreign cells in your body.

The second way is by lymphocytes that keep on circulating in the blood stream.

Glutathione boosts the immune system by availing the B and T cells which are fighter cells that are used to attack any foreign cell in your body. GSH will replenish the fighter cells in your body after attacking the harmful foreign cells.

c. Detoxifier and Neutralizer

A high concentration of glutathione is found in the liver, lungs and kidneys. These organs help to eliminate toxins, wastes and heavy metals.

Glutathione binds with toxins and poisons in your body, and make them water soluble so that they can pass through your body.

By increasing your glutathione levels in your body you will be able to support your liver, lungs and kidneys in eliminating wastes, along with every living cell in your body.