

**Product number B096 - 100 VeCaps**

Reduced glutathione, commonly referred to as glutathione or GSH, is a relatively small sulphur (SH group) containing molecule that is ubiquitous in living systems. Glutathione is composed of three amino acids: L-glutamic acid, L-cysteine and glycine; it is a so-called tripeptide. The natural isomer is L-glutathione. GSH occurs naturally in all human cells, with liver cells containing the highest concentration. GSH is present together with selenium at the active site of the glutathione peroxidase enzymes and, together with NADPH, forms part of the glutathione reductase enzymes.

**Ingredients per capsule:**

Reduced L-glutathione 250 mg

Fillers: microcrystalline cellulose.

Anti-caking agent: silicon dioxide, vegetable magnesium stearate.

Capsule shell: hydroxypropyl methylcellulose (HPMC).

**Use and warnings:**

Adults take 1 capsule once a day approximately 15 minutes before a meal, or as advised by a professional. Do not exceed the recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a balanced diet.