

Reduced L-Glutathione 250 mg

Product number B096 – 100 VeCaps

**Description:**

Reduced glutathione, usually called glutathione or GSH, is a relatively small sulphur (SH group)-containing molecule that is ubiquitous in living systems. Glutathione is made up 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 and is a component of antioxidant and detoxifying systems.

**Ingredients per capsule:**

Reduced L-Glutathione 250 mg Fillers: microcrystalline cellulose. Anti-caking agent: silicon dioxide, vegetable magnesium stearate. Capsule shell: hydroxypropylmethylcellulose (HPMC). Allergens: none.

**Usage and warnings:**

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