



Glutathione



Overview

This is an antioxidant that's found in all of your cells. It's used by the immune system. It also has other roles in the body.

How do we get it?

Your body actually makes glutathione for you. But many of the things you eat boost your glutathione production. This includes broccoli, cauliflower, garlic and onions. It includes eggs, nuts and legumes. Fish, lean meats and a variety of other foods can boost production, too.

Health benefits

So, what does glutathione do for you? It helps keep your immune system working properly. It also helps build and repair body tissues. You may benefit from glutathione if you have a damaged liver. It may help you if you have Parkinson's disease, peripheral artery disease or other problems. We're still studying the role of glutathione in the body.

Free radicals

Because it's an antioxidant, glutathione bonds to harmful chemicals called "free radicals." These chemicals are unstable. They interact with things around them. They can harm cells in your body. Antioxidants give them something to bond to so they don't harm your cells.

Conclusion

For more info about the role glutathione plays in your health, talk to your doctor.