

# Liposomal Glutathione

*Antioxidant formula with superior absorption and delivery*

Liposomal Glutathione is an exciting glutathione product formulated with liposomal technology for optimal absorption and bioavailability. Each 1 mL serving (approximately 2 pumps) of this lemon-peppermint flavored formula provides 100 mg of glutathione.

## What is Glutathione?

Glutathione is a crucial molecule synthesized inside every cell in the human body. It is composed of three amino acids (glutamine, cysteine and glycine), and is found in the highest levels in the liver, eyes, spleen, pancreas and kidneys. Glutathione “wears many hats.” It is a key factor in the liver’s natural detoxification function, helping to bind heavy metals, neutralize toxins and support healthy immune function. It is also the single most protective antioxidant produced by the body and is therefore the most important for protecting cells against oxidative stress from dietary and environmental free radicals as well as those resulting from normal metabolic processes.\*

Glutathione is critical for energy production and for proper functioning of the mitochondria, which are nicknamed the “powerhouses of the cell,” because they generate the majority of cellular energy. The body’s ability to make this all-important molecule declines with age—precisely when we need its protective properties the most.

## What are Liposomes?

Liposomes are spheres made of phospholipids—the same primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to deliver their nutrient cargo (in this case, glutathione). Liposomes are extremely tiny particles, which allows for fast absorption, starting in the mouth.

## Why Liposomal Glutathione?

Oral glutathione supplements typically present challenges with regard to absorption and ability to sufficiently increase the body’s glutathione levels. Because it is made of amino acids, glutathione administered orally is subject to degradation in the GI tract. (Stomach acid could potentially render it inactive by denaturing it, the way it does naturally during the digestion of proteins.) Glutathione delivered via liposomes bypasses degradation in the GI tract and is absorbed much more effectively and efficiently by the body.

### Benefits of Liposomal Technology:

- Rapid uptake, starting in the mouth
- Effective, efficient absorption in the body
- Longer circulation in the body for effective nutrient delivery

## How to Take

- As a dietary supplement, take 1 mL (approx. 2 pumps), or as directed by your health care practitioner.
- Since the very small size of the liposome particles allows for some absorption to take place right away, it is recommended to hold the product in the mouth for 30 seconds before swallowing.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

## References

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