

The Critical Roles of Glutathione

Neutralizes Free Radicals: Direct chemical neutralization of singlet oxygen, hydroxyl radicals, and superoxide radicals

Antioxidant Function: Cofactor for several antioxidant enzymes

Antioxidant Recycling: Regeneration of vitamins C and E

Phase I Detoxification: Neutralization of free radicals produced by Phase I liver metabolism of chemical toxins

Phase II Detoxification: One of approximately 7 liver Phase II reactions, which conjugate the activated intermediates produced by Phase I to make them water soluble for excretion by the kidneys

Mercury Detoxification: Transportation of mercury out of cells and the brain

Healthy Cell Growth: Regulation of cellular proliferation and apoptosis

Mitochondrial Health: Vital to mitochondrial function and maintenance of mitochondrial DNA (mtDNA)

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Pizzorno, J, *Integrative Medicine*, 2014.



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