

GLUTATHIONE

The body's own cleanup crew.

What the evidence says about glutathione – how it protects cells, why levels can drop, what human studies show, and what to weigh before you start.

Glutathione
Compounded
injectable

3

amino acids: glutamate,
cysteine, glycine

Every cell

makes and uses its own
supply

Liver

holds some of the body's
highest levels

A small molecule that does a lot of quiet protective work.

Glutathione is a small protein made from three amino acids. It is one of the body's main antioxidants: it neutralizes reactive molecules, helps recycle vitamins C and E, and helps the liver process substances the body needs to clear.

Levels can be lower with age, illness, and ongoing stress on the body. Human studies of supplemental glutathione are small and results are mixed. It is not an FDA-approved drug, and benefits for wellness, skin, or detox are not FDA-established.

KEY FINDINGS

- 1 A core antioxidant.** Present in nearly every cell and central to how cells handle oxidative stress.
- 2 Can run low.** Studies report lower levels in older adults and in some chronic conditions.
- 3 Levels can be raised.** In some trials, months of supplementation increased body stores.
- 4 Mixed outcomes.** Some studies found changes in immune or skin measures; others found no effect.
- 5 Generally well tolerated.** Side effects are usually mild and at the injection site.
- 6 Quality matters.** Injectable glutathione is compounded; the pharmacy source is key.

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01 *Give, then recharge.*

Glutathione's working part is the sulfur in its cysteine. It **donates electrons** to neutralize reactive molecules, then an enzyme **recharges it** so it can do the job again. The same sulfur is why the vial may smell faintly of eggs.

ANTIOXIDANT

Neutralizes

Disarms reactive oxygen molecules and helps recycle vitamins C and E.

LIVER

Processes

Binds to some drugs and toxins so the body can clear them.

IMMUNE

Supports

Immune cells rely on it to work and to protect themselves.

WHY LEVELS DROP

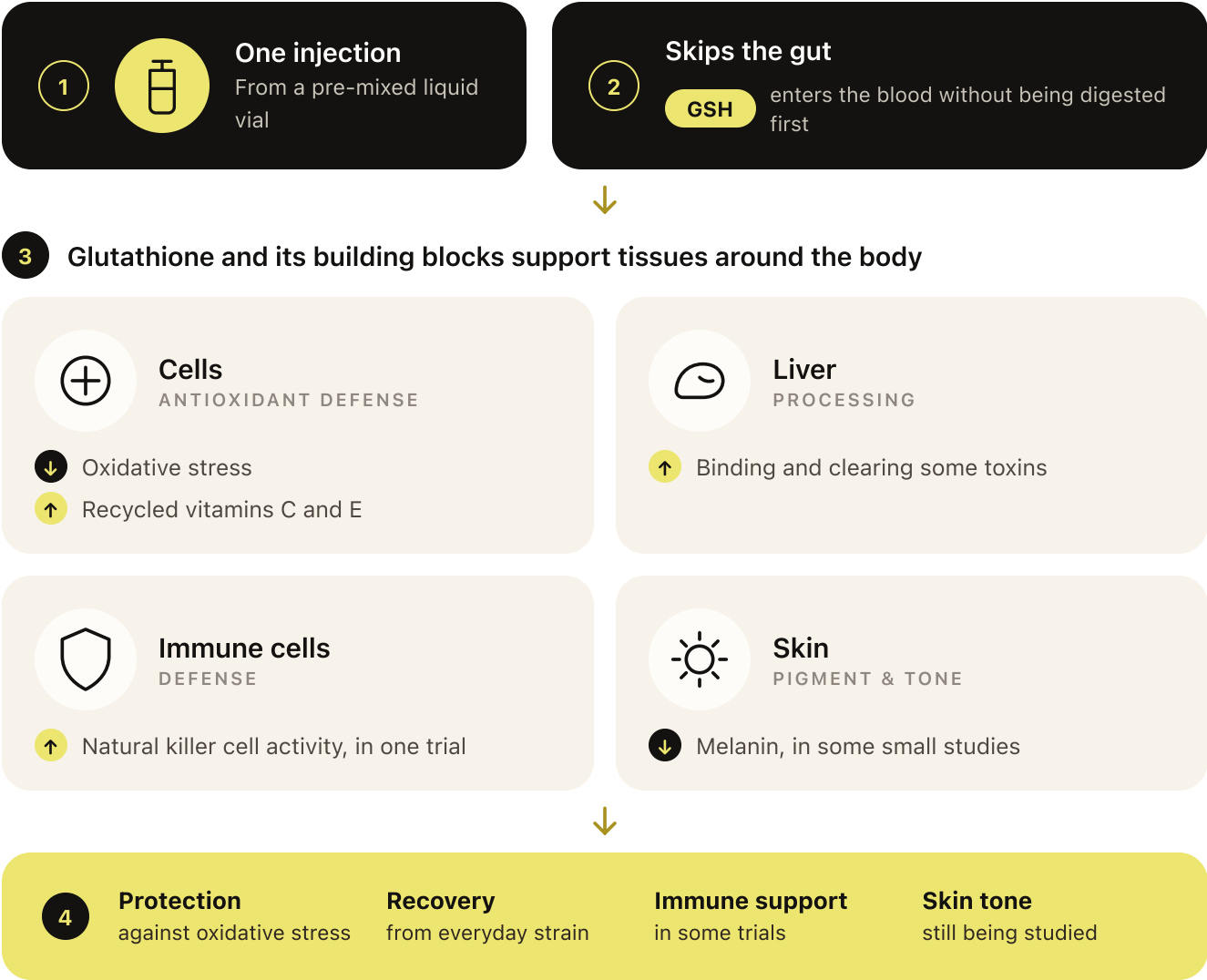
Cells make glutathione themselves, and supply depends on cysteine, the scarcest of its three building blocks. Heavy oxidative stress – from illness, alcohol, smoking, some medications, or intense exertion – uses it up faster.

In one small study, older adults had lower glutathione and made it more slowly than younger adults; supplying its building blocks restored production. That is part of the rationale for supporting levels directly.

"Glutathione supports your defenses. Protein, sleep, and less alcohol help keep them stocked."

The Lttl care team

From one injection to defenses around the body.



Simplified illustration. Effects vary by person and are not FDA-established for wellness, skin, or detox uses.

02

Promising in places. Not proven.

Glutathione has been studied by mouth, as a liposomal liquid, and by IV. Trials are small and short, and results depend on the dose, the route, how long people took it, and what was measured.

What draws on your supply

Illustrative



Each raises oxidative stress, which uses glutathione faster. Bars show general direction only; the effect varies widely by person.

STUDY	WHO AND WHAT	WHAT WAS FOUND
Sekhar 2011	Older vs. younger adults; building blocks for 2 weeks	Older adults had lower levels; supplementation restored production
Allen 2011	40 healthy adults; oral glutathione for 4 weeks	No change in oxidative stress markers
Richie 2015	54 healthy adults; oral glutathione for 6 months	Body stores rose over time; higher natural killer cell activity at the higher dose
Weschawalit 2017	60 healthy women; oral glutathione for 12 weeks	Small reductions in skin melanin; some changes in elasticity
Sinha 2018	12 healthy adults; liposomal glutathione for 1 month	Body stores rose; some oxidative stress markers fell

Few published human trials test glutathione injected under the skin or into muscle. Long-term outcomes have not been established.

03

Why the route matters.

Glutathione is a small protein, so the gut breaks much of it down before it is absorbed. Injection skips digestion. Oral forms are easier but less predictable, and building-block supplements take a different path.

INJECTABLE (LTTL)

Skips digestion

A measured dose goes straight under the skin, so absorption does not depend on the gut.

ORAL

Easier, less certain

Capsules or liposomal liquids. Some trials show stores rise with months of use; others show little change.

	INJECTABLE	ORAL CAPSULE	LIPOSOMAL LIQUID	BUILDING BLOCKS
What it is	Glutathione in a pre-mixed vial	Glutathione powder	Glutathione in tiny fat spheres	NAC, often with glycine
Digestion	Bypassed	Much is broken down	Partly protected	Cells build their own
Human research	Limited; mostly IV data	Small trials, mixed	Very limited	Small trials
Time to effect	Direct dose	Months, if at all	Weeks, in one study	Weeks
Prescription	Yes	No	No	No

NAC = N-acetylcysteine, a source of cysteine. Oral options are shown for context. Your clinician can help you choose what fits your goals.

04 *Mostly mild. Mostly at the site.*

In human studies, glutathione was generally well tolerated. Most side effects are brief and local. Serious reactions are rare but possible, so know the warning signs.

Common

Stinging, redness, or tenderness at the site; a faint sulfur smell or taste.

Less common

Bloating, cramping, headache, or mild rash.

What helps

Let the vial reach room temperature, inject slowly, and rotate sites.

TALK TO YOUR CLINICIAN FIRST IF YOU HAVE

Asthma. Inhaled glutathione has triggered airway narrowing in some people with asthma.

Sulfur or sulfite sensitivity. Glutathione contains sulfur; tell your clinician about past reactions.

Skin-lightening goals. The FDA has warned about injectable products marketed for skin lightening.

Cancer treatment. Antioxidants may interact with some chemotherapy and radiation.

Kidney or liver disease. These organs process glutathione; dosing may need care.

Allergy to any ingredient. Stop and seek care for hives, swelling, or trouble breathing.



Pregnancy and breastfeeding. Safety data for glutathione injections are lacking. Tell your clinician if you are pregnant, planning to be, or breastfeeding.

05 *No brand name. Know the source.*

There is no FDA-approved glutathione drug in the U.S. Prescription injectable glutathione is prepared by compounding pharmacies for individual patients, while oral forms are sold as dietary supplements. Each path carries different oversight.

	DIETARY SUPPLEMENTS	COMPOUNDED INJECTABLE (Lttl)
FDA status	Not reviewed for safety or effectiveness before sale	Not FDA-approved; not reviewed before use
Made by	Supplement manufacturers	A state-licensed or FDA-registered compounding pharmacy
Prescription	Not needed	Required, after clinician review
Format	Capsules, powders, liposomal liquids	Pre-mixed liquid vial
Evidence	Small oral trials, mixed results	Wellness, skin, and detox benefits are not FDA-established

QUESTIONS TO ASK ANY PROVIDER

- Which pharmacy prepares it, and is it licensed or FDA-registered?
- What is the concentration, and how much is my dose?
- How should I store it, and what is the beyond-use date?
- Who can I reach with questions, and when?

THE DOSING DETAIL THAT MATTERS

Glutathione doses are measured in milligrams, and concentrations differ between pharmacies. Always confirm your dose in milligrams **and** the exact syringe marking with your care team, especially with each new vial.

06 *Background support, not a quick fix.*

Glutathione works quietly inside cells, so most people do not feel a single moment it "kicks in." Trials that found changes ran for weeks to months. Give it time and review with your clinician.

WEEKS 1-2

Building a routine

Site stinging is most noticeable now and usually eases.

WEEKS 2-8

Settling in

Some notice changes in energy or recovery; many notice little.

MONTHS 2-3

Check in

Skin changes, if any, tended to appear around here in studies.

ONGOING

Review

Reassess benefit and goals with your clinician.

HOW Lttl SUPPORTS TREATMENT

Board-certified clinicians

Licensed providers review your history before prescribing.

FDA-registered pharmacy partners

Prepared by certified U.S. pharmacies and shipped to your door.

Unlimited 24/7 support

Reach the care team any time at (888) 847-7806 📞 or hello@lttl.com.



Where the findings come from.

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IMPORTANT INFORMATION

This whitepaper is educational and does not replace medical advice, diagnosis, or treatment. Study results describe specific populations under study conditions and may not reflect individual outcomes. Most human studies cited tested oral or liposomal glutathione, not injections. Compounded medications are not FDA-approved, and the wellness, skin, and detox benefits of glutathione are not FDA-established. Glutathione is not right for everyone; discuss your full health history and all medications and supplements with a licensed clinician before starting.

Questions? Talk to our care team.

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