

A close-up photograph of a person's torso and arms. The person is wearing a white, low-cut tank top and light-colored pants. They are holding a black, cylindrical water bottle with both hands. The left hand is at the top of the bottle, near the cap, and the right hand is further down. The word "Glutathione" is written in a large, white, sans-serif font across the middle of the image, partially overlapping the bottle and the person's torso.

Glutathione

Glutathione Injection

PATIENT GUIDE

This guide covers what glutathione is, what to expect, and when to reach out to your clinical team.

What Is Glutathione?

Glutathione is a naturally occurring tripeptide (made from glycine, cysteine, and glutamate), often called the body's "master antioxidant." It plays a central role in detoxification, immune function, and cellular protection, especially in the liver. Levels decline with age, chronic illness, and environmental exposures.

Why Is Glutathione Prescribed?

Glutathione may be prescribed for:

- General antioxidant support, longevity, or anti-aging
- Elevated oxidative stress from heavy metal or environmental toxin exposure, occupational chemical exposure, or alcohol use
- Early-stage liver support
- Chronic inflammatory or metabolic conditions
- Chronic fatigue or post-viral syndromes where mitochondrial dysfunction may play a role

Evidence for these uses is still developing, and glutathione has no FDA-approved indication. Individual response varies, and results are not guaranteed.

What to Expect

This medication is given as a subcutaneous injection. **See additional documentation for how to administer a subcutaneous injection.**

- Starts with a daily loading phase over the first month, with your dose gradually increased to build tolerance and reach a full therapeutic level
- After the loading phase, most patients move to a maintenance schedule of 1–3 times weekly, with your clinician adjusting the frequency and dose based on your goals
- Your clinical team reassesses your dose and whether it is meeting your goals every 3–6 months

Required Labs

Lab testing is not required for Glutathione.

Storage & Expiration

Storage: It is recommended to store your medication in the refrigerator, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Take Glutathione

Do not take this medication if any of the following apply to you:

- Known allergy to glutathione, sulfites, or sulfur-containing compounds (including prior reactions to NAC, alpha-lipoic acid, or DMPS/DMSA)
- Active cancer currently undergoing chemotherapy or radiation, or chemotherapy completed within the last 6 months
- Organ transplant recipient, or currently immunocompromised (including from immunosuppressant medications)
- Severe kidney impairment (eGFR below 30)
- Known or suspected G6PD (glucose-6-phosphate dehydrogenase) deficiency
- Asthma with a known sulfite sensitivity
- Pregnant or breastfeeding

Talk to your clinician if any of the following apply to you:

- Gallbladder disease or are undergoing heavy metal chelation therapy
- Take nitroglycerin or other nitrate medications
- Regularly use more than 4,000mg of acetaminophen daily or drink alcohol heavily
- An active autoimmune flare
- Moderate renal impairment (eGFR 30–59)
- Severe hepatic impairment (Child–Pugh B or C)

Possible Side Effects

Common:

- Injection site irritation, redness, or discomfort
- Transient flushing or warmth
- Mild nausea or GI discomfort

Less Common:

- Zinc depletion with prolonged high-dose use
- Paradoxical pro-oxidant effect at excessive doses
- Bronchospasm, particularly in people with asthma or COPD

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop any of the side effects above.

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing, chest tightness, or wheezing or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

