



DrEl

# Glutathione Support

**A dietary supplement to support liver health and detoxification functions.\***

**Glutathione Support is a comprehensive formula designed to support liver functions in the following ways:**

- Phase I and Phase II liver detoxification\*
- Fat metabolism\*
- Antioxidant protection\*
- Glutathione production\*

**Phase I detoxification** involves a group of enzymes, known as the cytochrome P450 family, which are all imbedded in healthy cell membranes of liver cells. When cytochrome P450 metabolizes a toxin, it chemically transforms it to a less toxic form, and/or makes it water soluble for the Phase II enzymes.

**Phase II detoxification** involves a process called conjugation, which neutralizes the toxin and makes it easily excreted through the urine or bile. There are six Phase II detoxification pathways; glutathione conjugation, amino acid (namely glycine) conjugation, methylation, sulfation, acetylation and glucuronidation.

**Phase I detoxification support:**

- Choline and Inositol are necessary components of all cell membranes.\* It is essential for the membranes of liver cells to be healthy in order to support the Cytochrome P450 enzymes. Choline and Inositol also support fat and cholesterol metabolism within the liver.\*
- DIM (diindolylmethane) is a naturally occurring sulfur compound found in cruciferous vegetables, like broccoli or cauliflower. It has been found to support both Phase I and Phase II liver detoxification as well as the detoxification of estrogen metabolites.\*
- Biotin is a B vitamin which aids in cell growth, fat metabolism and energy generation.\*

**Phase II detoxification support:**

- Calcium glucarate is a buffered source of glucuronic acid which supports glucuronidation.\* The glucuronidation process aids the body in detoxifying and eliminating fungal toxins, steroid hormones and automobile exhaust.
- Milk Thistle is an herb that has been used traditionally for liver health.\* Its active constituent, silybin, acts as an antioxidant, supports glutathione levels and normal liver cell regeneration.\*
- L-Methionine is an amino acid necessary for the production of SAME and the methylation pathway. Methionine is a sulfur-containing amino acid that aids in fat metabolism and glutathione production.\*

- N-Acetyl Cysteine is a derivative of the amino acid cysteine. Cysteine is an important amino acid for the formation of glutathione.\*
- L-Glycine is important for the amino acid conjugation pathway which is used to combine with and neutralize unwanted substances.\* Those individuals on a low protein diet may become deficient in the glycine conjugation pathway when chronically exposed to toxins.\*
- Alpha lipoic acid is a fat and water soluble antioxidant that may help recycle other natural antioxidants involved in liver metabolism.\*
- Turmeric is an herb that has been used in traditional medicine in India for centuries.\* Turmeric has a rich store of antioxidants which help to protect cells from free radicals.\* It has also been shown to support gallbladder function, an important organ involved in the storage and release of bile.\*

**Supplement Facts**  
**Serving Size: 1 Capsule**  
**Amount Per Serving**

Biotin	50 mcg
Choline (as Choline Bitartrate)	80 mg
Calcium (as Ca D-Glucarate)	6 mg
Milk Thistle ( <i>Silybum marianum</i> ) Seed Extract	200 mg
yielding Silymarin	160 mg
L-Methionine	100 mg
Turmeric ( <i>Curcuma longa</i> ) Root Powder	80 mg
N-Acetyl Cysteine	50 mg
Inositol	25 mg
L-Glycine	25 mg
DIM® (a proprietary enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as tocophersolan, phosphatidylcholine, silica.)	25 mg
Alpha Lipoic Acid	20 mg

Other Ingredients: hypromellose (capsule), vegetarian leucine, microcrystalline cellulose.

**Warning:** If pregnant, nursing, or planning on becoming pregnant, do not take this product.

**Suggested Use:** As a dietary supplement, take 1 capsule, twice daily, or as directed by your healthcare practitioner.

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