

Glutathione IM Booster

Supporting Your Body's Natural Antioxidant Defences

What is Glutathione?

Glutathione is often referred to as the body's **“master antioxidant.”**

It is a naturally occurring substance produced within every cell of the body and is made from three amino acids:

- Glutamine
- Glycine
- Cysteine

Glutathione plays an essential role in protecting cells from oxidative stress and contributes to numerous normal physiological processes.

Although our bodies naturally produce glutathione, levels may decline with increasing age or be influenced by factors such as poor diet, smoking, chronic illness, environmental exposures and prolonged physical or psychological stress.

Why Is Glutathione Important?

Glutathione is involved in hundreds of natural biochemical processes throughout the body.

Its normal physiological roles include supporting:

- Cellular antioxidant defence
- Protection against oxidative stress
- Immune system function
- Liver detoxification pathways
- Healthy inflammatory responses
- Cellular repair mechanisms
- Protein and DNA synthesis
- Normal mitochondrial function

Because every organ relies upon healthy cellular function, glutathione is considered one of the body's most important naturally occurring antioxidants.

What Is Oxidative Stress?

Every day our bodies are exposed to unstable molecules known as **free radicals**.

Free radicals are produced naturally during normal metabolism but can also increase following exposure to:

- Air pollution
- Cigarette smoke
- Alcohol
- UV radiation
- Poor diet
- Chronic stress
- Intense physical exercise
- Certain illnesses

When free radicals exceed the body's antioxidant capacity, **oxidative stress** may occur.

Oxidative stress has been associated with normal ageing and many chronic health conditions, although it is important to recognise that antioxidant therapies are **not treatments or cures** for these conditions.

Glutathione forms part of the body's natural antioxidant defence system, helping neutralise free radicals and protect cells from oxidative damage.

Why Choose an IM Injection?

An intramuscular (IM) injection delivers glutathione directly into muscle tissue, where it is gradually absorbed into the bloodstream.

Many people prefer IM treatment because it:

- Is quick to administer
- Usually takes only a few minutes
- Does not require intravenous cannulation
- Is convenient for those with busy lifestyles
- Can easily be incorporated into a regular wellness programme where clinically appropriate

Your injection is administered by a qualified healthcare professional using aseptic technique within our private clinic.

Potential Areas of Interest

Many people enquire about glutathione because of its role in supporting normal antioxidant function and cellular health.

Research continues to explore glutathione's role in a wide range of physiological processes, including:

- Cellular protection against oxidative stress
- Liver function
- Immune system function
- Exercise recovery
- Healthy ageing
- General wellbeing

While these areas continue to be studied, current evidence does **not** support making claims that glutathione injections can cure disease, reverse ageing or guarantee cosmetic improvements.

Skin Health

Glutathione has received considerable attention within the aesthetic industry.

Some clinics promote glutathione as a skin-lightening or anti-ageing treatment.

At **ARM Vitality Clinic**, we believe in providing evidence-informed healthcare.

Although glutathione is involved in normal skin physiology and antioxidant defence, **scientific evidence supporting routine use for skin lightening or cosmetic enhancement remains limited.**

For this reason, we do not advertise glutathione as a cosmetic whitening treatment.

Instead, we focus on its recognised role as an important naturally occurring antioxidant involved in normal cellular function.
