

Glutathione

Tripeptide antioxidant · Sterile injectable · IV / IM / SubQ

IV / IM / SubQ

Multiple Routes

Antioxidant

Refrigerated

COMMON INDICATIONS (OFF-LABEL)

- ▶ Antioxidant support
- ▶ Detoxification protocols
- ▶ Heavy metal chelation adjunct
- ▶ Skin brightening
- ▶ Liver support
- ▶ Oxidative stress conditions
- ▶ Parkinson's adjunct
- ▶ Long COVID recovery
- ▶ Athletic recovery

STANDARD DOSING BY ROUTE

IV PUSH	IM	SUBQ	LOADING
600–2000 mg	200–600 mg	100–200 mg	1000–2000 mg
1–2× weekly	1–2× weekly	2–3× weekly	Weekly × 4–6 wk

DOSING NOTES

IV push is the gold standard route — administered slowly over 5–15 minutes. IM is well tolerated for routine use; SubQ is the most convenient for patients self-administering at home. Glutathione is photosensitive and oxidizes rapidly once reconstituted; use immediately or store per pharmacy beyond-use date. Sulfur smell is normal. Pair with vitamin C for synergistic antioxidant support.

DOSING BY INDICATION & ROUTE

INDICATION	TYPICAL DOSE	ROUTE / FREQUENCY
General antioxidant / wellness	200–600 mg	IM or SubQ, 1–2× weekly
Skin brightening	600–1200 mg	IV weekly × 8–12 weeks
Detoxification protocol	1000–2000 mg	IV 1–2× weekly
Liver support / NAFLD	600 mg	IM 1–2× weekly
Neurological adjunct	600–1400 mg	IV 2–3× weekly under specialist care
SubQ self-administered	100–200 mg	SubQ 2–3× weekly

STORAGE & COUNSELING

STORAGE

- ▶ Refrigerate at 36–46°F (2–8°C)
- ▶ Protect from light always
- ▶ Discard if cloudy or discolored
- ▶ Do not mix with other injectables in same syringe

CAUTIONS & COUNSELING

- ▶ Sulfa allergy — caution (rare cross-reactivity)
- ▶ Asthma — IV may rarely trigger bronchospasm
- ▶ Pregnancy/lactation — limited data
- ▶ Sulfur odor and taste are normal during/after