

# Glutathione Injections

Information Guide



Glutathione is a tripeptide made up of three amino acids: glutamine, cystine, and glycine. It is an important antioxidant and detoxifier in the body, helping to protect cells from damage caused by free radicals and other harmful substances.

## Benefits

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1. Antioxidant activity: Glutathione is a potent antioxidant that helps protect cells from oxidative damage caused by free radicals.
2. Detoxification: Glutathione plays a key role in the body's detoxification processes, helping to remove harmful substances from the body.
3. Immune Support: Glutathione helps support the immune system by protecting immune cells from damage and supporting their function.
4. Skin Health: Glutathione may help improve skin health by reducing oxidative stress and supporting the production of collagen.



## CONDITIONS TREATED WITH GLUTATHIONE:

Individuals with conditions that are associated with oxidative stress, inflammation, and/or compromised immune function may benefit from Glutathione supplementation.

- \* Chronic fatigue syndrome
- \* Parkinson's disease
- \* Alzheimer's disease
- \* Multiple sclerosis
- \* Rheumatoid arthritis
- \* Inflammatory bowel disease
- \* Chronic obstructive pulmonary disease (COPD)
- \* Asthma
- \* Cardiovascular disease
- \* Liver disease
- \* Diabetes
- \* May be beneficial in individuals who engage in intense physical activity (athletes/body builders) to help to reduce muscle damage and fatigue, and support post-workout recovery.

## Glutathione 200mg/mL Injectable Solution

- \* Intramuscular (IM) or /Subcutaneous (SC): Inject 200mg **(1mL or 100 units)** IM or SC once to twice weekly OR Inject 100mg **(0.5mL or 50 units)** IM or SC every other day. Intramuscular injection can cause great pain upon injection. Consider subcutaneous injection in the gluteal or quadriceps muscle.

Note: Glutathione is relatively unstable therefore should be used immediately or refrigerated for later use to ensure maximal potency and efficiency.

**Note: The above statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

- \* Individuals with pre-existing kidney disease should avoid high doses of Glutathione.
- \* Individuals who are pregnant or breastfeeding should avoid Glutathione as it has not been properly studied in this population.
- \* Taking Glutathione long-term has been linked to lower zinc levels.
- \* Inhaled Glutathione may trigger asthma attacks in people who are diagnosed with asthma.



### How do I administer the injection and how often should I use it?

You will draw up the prescribed amount with the insulin needle and syringe, then inject subcutaneously. The recommended dose is 0.5ml (100mg GSH) up to 5x per week.

Each 0.1ml (10cc/units on syringe) of solution equals 20mg of GSH. As such, 0.1ml = 20mg GSH, 0.25ml(25 Units) = 50mg of GSH, and 0.5ml = 100mg of GSH. Click [here](#) for a video demonstrating how to perform a subcutaneous injection. Click [here](#) for recommended needles.

### Where do I get the needles/syringes?

Click [here](#) for recommended syringes.



[Watch Video](#)

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**How long before I start to feel benefits/results?**

Most patients will notice a boost in energy within an hour or two of injection. Please note you should not use GSH Injections (0.5ml per injection) more than 5x per week.

**Do I have to refrigerate my GSH solution?**

Yes. Refrigeration will help preserve the potency of the GSH.

**When should I discard my vial?**

GSH Injections have a BUD of 90 days after the pharmacy compounds it. The potency remains stable if kept cold (refrigerated or frozen). However, once you puncture a multi-dose vial, you should discard it after 28 days.

**How much GSH am I injecting each time?**

Each 0.1ml (10 units on syringe) of solution equals 20mg of GSH. As such, 0.1ml = 20mg GSH, 0.25ml(25 Units) = 50mg of GSH, and 0.5ml = 100mg of GSH. The standard injection of GSH is 0.5ml (50 units on syringe), which equates to 100mg GSH per injection.

**Where on my body should I use the injection?**

Ideally, the injection is administered into a fatty layer of skin, such as: back of arm, abdomen, or flank/lumbar region.

**How do I order more?**

Please contact BloomMD by texting or calling 801-436-7272 to reorder medication

**We are here to support you. If you have any questions, please feel free to call or text us at 801-436-7272 or email at [support@BloomMD.com](mailto:support@BloomMD.com)**