



Susan Merenstein, RPh/Owner, Holistic Clinical Pharmacist

35 years of Independent Clinical Pharmacy Practice
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- TOPICAL GLUTATHIONE-The tripeptide Glutathione, is the master antioxidant, of the human body. Many biochemical processes are regulated, modified, or initiated by this crucial chemical. Glutathione goes to the organs that need replenishment first-lungs, brain, heart, and then other organs.**
- 160mg Glutathione Palmitate yields 52mg reduced Glutathione
- 5ml (gm) = 800mg Glutathione Palmitate which yields 1/3 reduced Glutathione or approximately 260mg.
- Typically, a 300mg dose of oral Acetylated Glutathione yields 75% glutathione or about 260mg. (500-600mg every 24 hours has been used in Chronic Fatigue, HIV, Liver disease, and COPD)
- Studies have shown that topically applied Glutathione Palmitate is systemically absorbed. This fact makes topical glutathione a good choice for those people with leaky gut and absorption issues.
- A recent test on NK killer cells and topical glutathione palmitate, n of 20 study, showed an average increase of 300% NK killer cells with topical application of the healing cream in 3 weeks, 1 teaspoonful (5gm) daily.
- Another study of 20 people found that CRP was decreased an average of 50% in people with elevated CRP (C-Reactive Protein)
- Sedimentation rate (a marker of inflammation) decreased and normalized in 3 people with elevated sed rates.
- There is no toxicity with glutathione-it is likened to water in its safety. 400mg/kg has safely been given to animals weighing less than 10 kilos with no side effects.
- Typical dose for a 150lb adult is 300mg/day.
- Typical kid's dosing is 150mg-200mg per day depending on the condition being treated.
- Stability testing yields 2yrs 98% of original value of product

INGREDIENTS:

Oils of calendula, tea tree, olive, carrot, wheat germ. Chlorophyll, azurite, royal gelee, china, arnica, ginkgo, acetyl- glutathione, glutathione -palmitate (tri-peptide), aloe vera, gallium, plumeria with vitamins A, D3, E and F.

Uses for this cream in clinical practice:

- Increases the micro-circulation in the tissues- **Better oxygenation of tissues.**
- Powerful antiviral and antifungal, and **anti-inflammatory**
- Any condition that one would prescribe a steroid as the anti-inflammatory glutathione is superior to any steroid- **With no side effects.** (Glutathione is normally found in human tissues).
- Applied topically to Tendonitis, Arthritis, JOINTS, or other inflammatory condition, it will decrease pain and inflammation.** Nail skin health-skin around nails that is cracked or ragged

- Immune function**-Increased levels of Natural Killer cells, Antiviral for HIV, Hepatitis C, and all Herpes infections, Epstein Barr, Chronic Fatigue. Use as an adjunct in cancer therapy.
- Finger and toenail fungus applied topically**-coat entire digit, apply all over nail
- Wound healing**- This is not a sterile product-so it is applied around wounds. It can be applied to bedsores, that HAVE NOT BROKEN THE SKIN
- Psoriasis/Eczema/Rosacea, Age Spots, Hyper Pigmented Skin, Actinic Keratosis, Sunburn, Hemorrhoids**
- Cold sores** on the lips, resolves the herpes zoster infection
- Heart**-Atrial fibrillation-complete resolution in chronic atrial fibrillation
- Eyes**-improved night vision, arrests macular degeneration, improves cataracts (applied under eyes), improved glaucoma
- Ears**-improved hearing in some cases (anti-inflammatory effect), lessening of dizziness in some vertigo cases.
- Blood**-Iron deficient anemia resolved, improved glutathione levels in RBC's
- Skin**-Glutathione stimulates and rebuilds cartilage, increases connective tissue, Great for under eye bags, lids of eyes. Moisturizes dry, flaky or damaged skin.
- Warts**- remove the pain of Planters warts quickly, can be used for HPV warts.
- Neuropathic pain or Diabetic Neuropathy** as the circulation of blood is improved by Glutathione-attenuated or totally removed pain from feet and legs
- Post Herpetic** pain relieved-if applied early enough, it also resolves Herpes Zoster infection.(Shingles)
- Lungs**-Asthma, COPD, Emphysema with success
- Brain injury**
- Can be used as an **antiperspirant and deodorant**, apply a small amount under arm after bathing or showering once daily. Antiperspirants and deodorants are some of the most toxic substances you can put on your body.
- Parkinson's Disease** (tremors subsided in several cases after 3 months of use)
- ADHD, Autism, Fibromyalgia, Carpal Tunnel syndrome, Lupus, Rheumatoid Arthritis, Arthritis-Topical Glutathione improves symptoms greatly.**
- Sports medicine**- greater endurance, faster recovery, better oxygenation of tissue, brain trauma due to injury, increased performance.
- Topical Glutathione can help with the 5% of people who get **Tendon Rupture Syndrome** or nerve damage from drugs like Levaquin or Cipro(fluroquinolones)-relieves pain and inflammation
- Faster healing** in knee, hip replacement surgery.
- Anti-aging-increases length of telomeres**
- It has also helped the following: **Alzheimers, Autism, Hepatitis due to chemicals, alcohol, or viral infection, Gulf War Syndrome, Adrenal Fatigue, and ALS.**
- Erectile dysfunction** - glutathione stimulates nitric oxide and increases blood flow. May be used in women to stimulate clitoral blood flow. This may not be an overnight effect; may need to use oral Glutathione for 4-5 months first.

For more information call Susan Merenstein R.Ph.

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