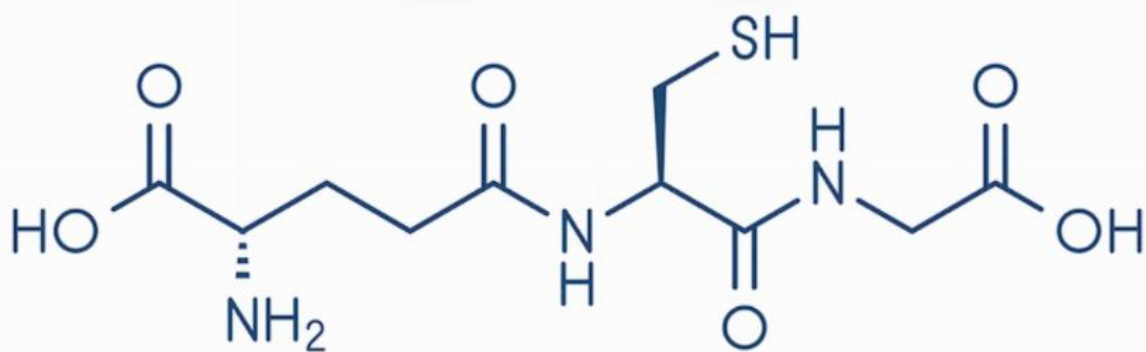


Glutathione

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Institute for IAS Examination



glutathione

Glutathione Latest News

Researchers recently discovered glutathione's key part in maintaining the smooth operations of a protein-producing hub in the cell called the endoplasmic reticulum (ER).

About Glutathione

- Glutathione is an **antioxidant produced in the body through enzymatic reactions**.
- It is a **tripeptide consisting of three amino acids (glutamate, cysteine, and glycine)** and is **naturally produced in the liver**.
- **These amino acids** that make up glutathione **are non-essential amino acids** that our **body can produce on its own** when needed.
- In addition to being produced naturally by the body, glutathione **can be given intravenously, topically, or as an inhalant**. It's also **available as an oral supplement** in capsule and liquid form.
- Some of the **most abundant food sources** of glutathione include **cabbage, Brussels sprouts, garlic, onions, broccoli, and cauliflower**.

- **Benefits:**

- Glutathione is often **called the “master antioxidant”** because of its **crucial role in protecting and detoxifying cells.**
- It is involved in **tissue building and repair, making chemicals and proteins** needed in the body, and in **immune system function.**
- It also can play a role in **treating** certain **genetic conditions.**

- **Glutathione levels** in the body may be **reduced** by a number of factors, including **poor nutrition, environmental toxins, and stress.** Its levels also **typically decline with age.**

Source: PHYS

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