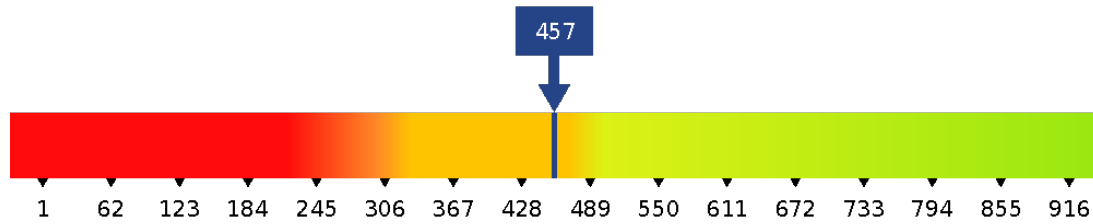


GLUTATHIONE INDEX REPORT

Name: Fatty Acid
DOB: 2000-01-01
Account: Customer

Sample ID: TEST0051
Result date: 2024-10-01

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Congratulations on taking a proactive approach to your health! This report provides valuable insights into your glutathione levels, specifically through our Glutathione Index test, which measures both reduced glutathione (GSH) and oxidised glutathione (GSSG). Glutathione plays a crucial role in maintaining overall well-being and is a powerful antioxidant found in every cell of your body. It helps protect your cells from oxidative stress, supports detoxification processes, and improves immune function.

Glutathione levels, including both GSH and GSSG, can be influenced by factors such as age, diet, lifestyle, and exposure to environmental toxins. Generally, higher levels of glutathione are associated with better cellular health, improved detoxification, and a stronger immune system. Maintaining optimal levels of glutathione is essential for supporting your body's natural defence mechanisms and promoting overall vitality.

Your current Glutathione Index level is 457.0, which is below the optimal range. This index helps you understand the balance between GSH and GSSG in your body, providing a more comprehensive view of your antioxidant status. To support healthy glutathione levels, consider incorporating foods rich in sulfur-containing amino acids into your diet. These include cruciferous vegetables such as broccoli, brussels sprouts, and kale, as well as garlic, onions, and lean proteins like chicken and fish. Additionally, foods high in vitamins C and E, selenium, and alpha-lipoic acid can help boost glutathione production in your body.

For those who may not get enough glutathione through diet alone, supplements can be a beneficial addition. Glutathione supplements are available in various forms, including reduced glutathione and liposomal glutathione, which are designed to improve absorption and effectiveness. Another option is to support your body's natural production of glutathione through precursor supplements like N-acetylcysteine (NAC) and milk thistle.

Maintaining healthy glutathione levels, both GSH and GSSG, is particularly beneficial for detoxification and immune support. Glutathione helps neutralise harmful free radicals and toxins, aiding in the detoxification processes of the liver and other organs. By supporting your body's natural detoxification pathways, glutathione contributes to overall cellular health and resilience. Additionally, its role in immune function helps protect against infections and supports a balanced immune response. To improve your glutathione levels, consider lifestyle factors such as regular physical activity, adequate sleep, and stress management. Exercise has been shown to support antioxidant production and overall health, while proper sleep and stress management techniques like mindfulness and relaxation can help maintain a healthy balance in your body.

Your healthcare provider can offer personalised recommendations based on your specific health needs and ensure that any changes are safe and effective for you. If you choose to increase your glutathione intake, monitoring your levels over time can help track your progress and adjust your regimen as needed.

Regularly checking your Glutathione Index is a proactive step towards maintaining optimal health. By understanding your glutathione status and taking steps to support healthy levels, you can contribute to better detoxification, improve immune function, and overall well-being. Taking charge of your health with informed decisions about diet, supplementation, and lifestyle choices is a positive way to support your body's needs and promote long-term vitality.

Consult with your healthcare provider before making any dietary or supplement changes.