



BodyBio Liposomal Glutathione

Powerful Antioxidant and Detox Support

Our formula delivers the active, reduced form of glutathione—the body’s most powerful antioxidant—in a liposomal delivery system for superior absorption and effectiveness. This ensures optimal cellular protection, detoxification support, and enhanced immune function.*

AVAILABLE FORMAT:

60 Capsules



BENEFITS

Acts as an Antioxidant

Glutathione is a master antioxidant that neutralizes reactive oxygen species (ROS) and free radicals, protecting cells from oxidative damage.*

Enhances Detoxification

Glutathione is essential for detoxification, particularly in the liver, where it binds to and neutralizes toxins, heavy metals, and metabolic waste products.*

Boosts Immune Function

Glutathione boosts immune function by enhancing T-cell activity, natural killer (NK) cell function, and the balance of immune signaling.*

Supports Mitochondrial Health

Glutathione helps repair oxidative damage to mitochondrial DNA and supports mitochondrial biogenesis, ensuring that mitochondria can continue to produce energy (ATP) and maintain cellular health.*

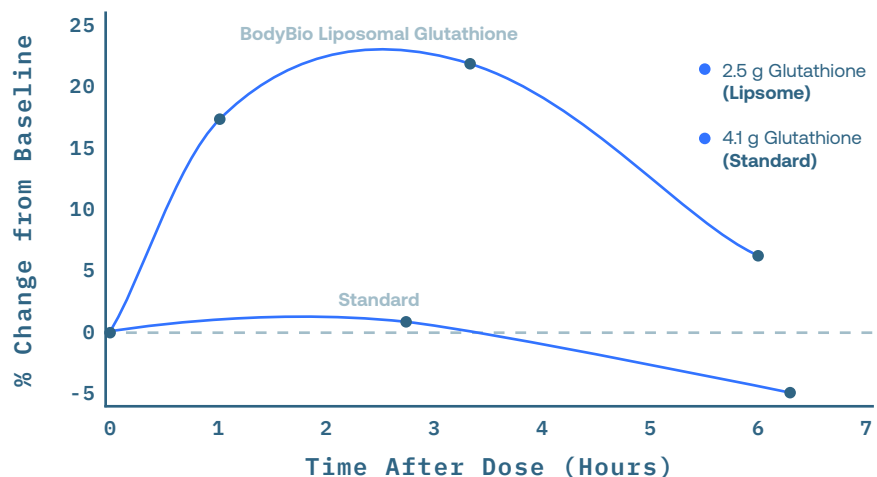
TRUST POINTS

The reduced form of glutathione (GSH) is the biologically active state, but it is inherently unstable and prone to oxidation, leading to the formation of its oxidized counterpart, glutathione disulfide (GSSG). Liposomal delivery systems encapsulate GSH within lipid bilayers, enhancing its stability, bioavailability, and cellular uptake. This method allows for the direct delivery of intact, reduced glutathione to cells, bypassing the need for further bioconversion, thereby optimizing its therapeutic potential in antioxidant defense, detoxification, and cellular redox regulation.

EVIDENCE

Blood Glutathione Levels

Liposomal glutathione offers higher bioavailability by protecting it from digestion and enhancing absorption.



Blair, E., Miller, A. (2023). Absorption, Safety, and Detoxification Effects of Oral Liposomal Glutathione. *Townsend Letter*. <https://townsendletter.com/absorption-safety-and-detoxification-effects-of-oral-liposomal-glutathione/>

APPLICATIONS

Detoxification

Glutathione plays a central role in phase II hepatic detoxification, neutralizing environmental toxins, heavy metals, and xenobiotics. It protects the liver from oxidative damage and is critical in managing conditions like non-alcoholic fatty liver disease (NAFLD).*

Immune Support

GSH also serves an important function in macrophages, NK cells, and T cells in modulating their activation, their metabolism, proper cytokine release, proper redox activity, and free radical levels. For patients with increased susceptibility, such as those with autoimmune disease or allergic inflammatory conditions, the demand for higher GSH levels is increased. GSH acts as an important immunomodulatory antioxidant by stabilizing redox activity, shifting of cytokine profile toward Th1 type response, and enhancing NK cell activity.*

Longevity and Anti-Aging Support

As the master antioxidant, glutathione combats age-related oxidative stress by preserving mitochondrial integrity, reducing inflammation, and maintaining cellular homeostasis. Higher GSH levels are associated with enhanced immune function, improved bioenergetic efficiency, and a reduced risk of neurodegenerative diseases such as Parkinson's and Alzheimer's, contributing to increased lifespan and healthspan.*

SCIENTIFIC RATIONALE

Bioavailability and Liposomal Delivery

Standard oral glutathione has poor absorption due to degradation in the digestive tract. Liposomal encapsulation protects glutathione in its reduced, active form and enables direct absorption into cells via lipid bilayers, significantly enhancing systemic bioavailability.*

Oxidative Stress and Antioxidant Recycling

Glutathione plays a central role in neutralizing ROS, limiting lipid peroxidation, and protecting the plasma membrane and intracellular structures from oxidative damage. It also supports redox homeostasis by recycling other antioxidants such as vitamins C and E.*

Detoxification and Phase II Enzyme Support

Glutathione conjugates with toxins in phase II liver detox, transforming fat-soluble compounds into water-soluble metabolites for safe excretion. This function is essential in managing both environmental and endogenous toxins.*

Immune Modulation

Glutathione is a central regulator of immune homeostasis, influencing both innate and adaptive immunity. It promotes T-cell proliferation, balances Th1/Th2 responses, enhances NK cell activity, and downregulates pro-inflammatory cytokines such as IL-6 and TNF- α —key drivers of chronic inflammation.*

Mitochondrial Integrity

Mitochondria are highly sensitive to oxidative damage. Glutathione maintains mitochondrial redox balance, supports membrane integrity, and protects against ROS-mediated dysfunction—critical for brain, liver, and immune cell health.*

SUGGESTED USE

Take 1-2 capsules daily, with or without food.

Therapeutic Dose

The dose may be increased to 2-4 capsules per day.

SUPPLEMENT FACTS

Serving Size: 1 capsule		
	Amount Per Serving	%DV
Reduced L-Glutathione	250 mg	†
† Daily Value (DV) not established.		

Other ingredients: Phospholipids (derived from sunflower) and hypromellose (capsule).

No gluten, dairy, soy, or GMO-containing ingredients.

SCAN QR CODE
FOR REFERENCES

