

## **Glutathione & ALS**

Glutathione is one of the most crucial and powerful antioxidants naturally present in the body. It has many important functions, two of them critical for patients with neurological disorders. ALS patients have been found to have strikingly low levels of glutathione in their cerebrospinal fluid, even when other biochemical changes are not yet detectable. This has profound implications - not only may a deficiency of glutathione play a role in the development of ALS, but its supplementation may be a powerful therapeutic intervention.

Glutathione's potential is supported by research from Harvard Medical School. The authors stated that, "Perturbations for free radical homeostasis are proposed to cause ALS. A corollary hypothesis is that antioxidants should slow the course of the disease. One strategy for antioxidant therapy is to manipulate levels of glutathione...". What they are saying is that supplying the body with glutathione may be able to favorably affect the healing process for neurological patients.