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Review [J Alzheimers Dis.](#) 2019;68(2):531-535. doi: 10.3233/JAD-181054.

Cognitive Improvement with Glutathione Supplement in Alzheimer's Disease: A Way Forward

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PMID: 30776003 DOI: [10.3233/JAD-181054](#)

Abstract

Alzheimer's disease (AD) is a devastating neurodegenerative disorder affecting millions of people worldwide. The actual cause of AD is still unknown. Oxidative stress is believed to be important player in AD pathology. Glutathione (GSH) is a major antioxidant, and it is already known that GSH is depleted significantly in the hippocampal regions in mild cognitive impairment (MCI) and AD patients compared to healthy old subjects. Hence there is a serious discussion to improve the brain GSH level by supplementation. This editorial highlights the need for GSH supplementation for the cognitive enhancement in MCI and AD.

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