

Pregnancy and glutathione:

Is glutathione helpful during pregnancy?

YES! Absolutely!

Before, during, and after pregnancy!

For both Mommy and Baby!

(and yes, even daddy!)

Glutathione is always being required from our bodies and is consumed rapidly when we experience any sort of demand on the body, such as during pregnancy.

Many know the importance of folic acid (an [antioxidant](#)) and its importance during pregnancy to prevent birth defects. Yet the Master antioxidant, glutathione, and its vital importance during pregnancy, is unfortunately, very much overlooked.

Glutathione protects both mother and pre-born baby from the damages of oxidative stress and [free radicals](#).

Many pregnancy complications and birth defects have been linked to free radical damage, oxidative stress, and low glutathione levels in the mother and developing baby.

Before pregnancy, glutathione plays a critical role in fertility, sperm count, and conception in the mommy *and* daddy to be.

In the beginning of the pregnancy glutathione can protect essential functions of the growing and developing embryo by controlling cell differentiation, proliferation, and cell death.

For the expectant mommy, glutathione provides her with a stable and natural source of energy, helps to balance moods and stabilize the emotional ups and downs of hormonal changes during and after pregnancy.

Glutathione also helps to prevent inflammation during pregnancy, as well as protect from gestational diabetes and pre-eclampsia.

For the baby in the womb, glutathione protects from birth defects, helps to insure healthy growth and development, as well as protect and support the placenta.

In the placenta, glutathione detoxifies pollutants *before* they can reach the developing baby.

Even during labor and delivery, glutathione prevents, or at the very least, dramatically decreases the oxidative stress created during the birthing process.

The mother's lifestyle and environment around her affect the pregnancy dramatically and can further cause oxidative stress and lower glutathione levels.

Lower glutathione levels can result in miscarriages, abortions, and birth defects.

High levels of glutathione dramatically decreases the incidence of birth defects and protects both mommy and the growing baby in her womb from the damaging and possibly fatal consequences of pregnancy complications.

Glutathione also helps to regenerate stores of other antioxidants like Vitamin E, Vitamin C, and Folic Acid, which further protect both mommy and baby.

For mummies-to-be, it would be wise to supplement your diet with glutathione promoting nutrients.