

# Glutathione for OCD

Several studies suggest *lower cerebral levels of glutathione* may contribute to *obsessive-compulsive disorder (OCD)*.

Researchers at Harvard Medical School and McLean Hospital in Belmont Massachusetts recruited 29 patients suffering from OCD and 25 matching controls who didn't have OCD.

The participants brains were scanned using *magnetic resonance spectroscopy (MRS)* to examine *glutathione* levels in their *posterior cingulate cortex (PCC)*.

The study found *significantly lower glutathione levels in those with OCD* compared with the control group.

The research team concluded that *lower glutathione levels* increased *oxidative stress* and *hypermetabolism* in the PCC brain region with OCD. [xx]