

GLUTATHIONE COMPOUND

What is this medicine?

Glutathione (Gloo-tuh-thahy-ohn)

- Glutathione is a tripeptide and antioxidant that may be prescribed to patients who do not produce a sufficient amount on their own.
- Glutathione may prevent oxidative stress, support multiple biological processes like detoxification, and impact immune function.
- Glutathione may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: fast-burst sublingual tablet, suppository, nasal spray

What should I tell my health care provider before I take this medicine?

- Allergy to glutathione
- Pregnant or may become pregnant; are breastfeeding

How should I use this medicine?

Follow the package directions provided by Belmar Pharma Solutions and by your prescriber. Your dosage is based on your medical condition and response to therapy. Follow the dosing schedule provided carefully. This medication may be taken on an 'as needed' basis as well.

Sublingual formulations should be placed under the tongue or between the cheek and gums and held in place until fully dissolved. Avoid swallowing saliva to ensure best absorption into the bloodstream. Avoid eating or drinking 15 minutes before or after taking sublingual formulations.

Nasal sprays may need to be primed. Blow nose gently to clear any mucus from nasal passages and wash hands. Hold the bottle with thumb at the bottom and the nozzle between two fingers (use left hand for right nostril and vice versa). Tilt head forward slightly and close nostril not receiving medication. Insert the tip of the nozzle gently into nostril roughly $\frac{1}{4}$ to $\frac{1}{2}$ inch inward. Point spray toward ear, away from nasal septum at center. Sniff deeply while pushing down on nozzle once. Breathe out through the mouth. Repeat with other nostril if dosing suggests, waiting 10 seconds between sprays.

Vaginal preparations should be inserted using your finger or the applicator provided. Suppositories may leak and may be more convenient to use at bedtime.

What if I miss a dose?

- If you miss a dose, take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

What should I watch for while using this medicine?

Belmar Pharma Solutions recommends yearly checkups with your provider.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Nasal passage irritation (nasal formulation)
- Headache
- Bloody nose (nasal formulation)
- Gastrointestinal (gas, diarrhea)
- Pruritus

- Erythema
- Red spots

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Where should I keep my medicine?

- Follow the storage recommendations found on your prescription label.
- Store tablets at room temperature between 59- and 86-degrees F, unless otherwise specified on the packaging.
- Store nasal spray and suppositories in the refrigerator between 36- and 46-degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer:

This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharma Solutions are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

References:

1. Glutathione. Natural Products Database. Lexicomp. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.lexi.com>. Accessed June 2025.
2. Mischley LK, Vespignani MF, Finnell JS. Safety survey of intranasal glutathione. J Altern Complement Med. 2013 May;19(5):459-63. doi: 10.1089/acm.2011.0673. Epub 2012 Dec 16. PMID: 23240940; PMCID: PMC3651682.
3. Sharma DK, Sharma P. Augmented Glutathione Absorption from Oral Mucosa and its Effect on Skin Pigmentation: A Clinical Review. Clin Cosmet Investig Dermatol. 2022 Sep 10;15:1853-1862. doi: 10.2147/CCID.S378470. PMID: 36117769; PMCID: PMC9473545.