



Are you ready to take your health and performance to the next level? Let's dive into the world of Glutathione infusions and discover how they can be a game changer for you!

Why Glutathione Matters:

Glutathione is not just any antioxidant; it's your body's natural powerhouse, present in every cell and here's why it's essential for you:

- *Boosted immune system:* glutathione strengthens your immune system, keeping you resilient to help fight disease processes.
- *Neutralizes Free Radicals:* it combats harmful free radicals that damage your DNA and overall health and well-being.
- *Enhanced Physical Performance:* can be helpful to experience better athletic performance and decrease risk of injury.
- *Vital for energy:* it plays a crucial role in boosting your energy levels; it is present in your cell's mitochondria, which is responsible for your body's energy stores.
- *Guardian Against Health Issues:* low levels of glutathione have been linked to infertility, high blood pressure, cognitive impairment, mental health disorders and even serious conditions like cancer and Parkinson's Disease.

The Battle Against Oxidative Stress:

Your body faces a daily onslaught of toxins and pollutants that build up free radicals, leading to oxidative stress. When this happens, there is an imbalance in the body and the result is chronic diseases such as osteoarthritis, dementia, and diabetes mellitus to name a few, while also speeding up the aging process.

Maintaining Optimal Levels:

Unfortunately, after your 20's, your natural Glutathione production declines. The only way to keep levels up are:

- **Healthy Lifestyle:** eating well, getting enough sleep, managing stress and exercising regularly.
- **Supplementation:** oral glutathione supplements are available but their effectiveness is limited due to our digestive system breakdown with only 20-30% absorption.

**The IV solution:**

For maximum impact, consider intravenous (IV) Glutathione supplementation:

-Bypasses Digestive Tract: IV infusions skip the digestion system, ensuring 100% bioavailability, meaning your body will get the most out of it.

Performance Benefits:

Wondering how this all ties in with your race day or post-race recovery plan?

- Energy boost: glutathione will revitalize your energy levels
- Immune support: it helps protect your immune system
- Muscle Fatigue and Recovery: say goodbye to extreme muscle fatigue with quicker recovery times

Running is a fantastic sport- it takes hard work, dedication, and a desire to be your best self. Glutathione can be an additional weapon for supporting your athletic performance and post-exercise recovery.

Ready to make that leap? Explore Glutathione infusions and feel the difference for yourself!

Stay healthy and strong HMF family!

For more information visit [IV Lounge](#)