

UNEARTHED WELLNESS

WELCOME KIT

Glutathione Master Antioxidant Therapy

Cellular protection · Detoxification · Radiant restoration



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your Glutathione protocol.

Glutathione is not a peptide introduced from outside your biology — it is your body's own master antioxidant, produced in every cell, present in every tissue, and central to virtually every detoxification and cellular protection process your body runs. The challenge is that modern life relentlessly depletes it: chronic stress, environmental toxins, poor sleep, alcohol, illness, and the simple passage of time all drain glutathione levels faster than the body can replenish them.

Injectable glutathione delivers the compound directly into systemic circulation — bypassing the significant degradation that occurs with oral supplementation and providing cells with the concentrated replenishment they need. The evidence base for injectable glutathione is broad and well-established across multiple clinical domains.

This kit covers what glutathione is doing in your body, how to administer your injections, what to expect as your levels are restored, and how to reach us with any questions.

INSIDE THIS KIT

- What Glutathione is and why injectable delivery matters
- Storage and handling of your injectable
- Step-by-step injection guide
- What to expect week by week
- Lifestyle practices that protect and extend your results
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet Glutathione.

Glutathione is a tripeptide — a chain of three amino acids: cysteine, glutamate, and glycine — produced endogenously in the liver and present in virtually every cell of the body. It is the most abundant intracellular antioxidant in human biology and functions as the central hub of your body's antioxidant and detoxification networks. Without adequate glutathione, these systems cannot function effectively.

Glutathione operates through several interconnected mechanisms: it directly neutralises reactive oxygen species (free radicals) before they damage cellular structures; it regenerates other antioxidants including vitamins C and E back to their active forms; it conjugates toxins and heavy metals in the liver, tagging them for excretion; and it regulates immune cell function and inflammatory signalling. Glutathione depletion is consistently observed in ageing, chronic illness, high toxic burden, and oxidative stress states — and injectable replenishment addresses the deficiency at a systemic level that oral supplementation typically cannot achieve.

*Your body's master antioxidant —
restored to where it belongs.*

WHAT IT'S DOING IN YOUR BODY

- **Cellular antioxidant protection.** Neutralises free radicals and reactive oxygen species that damage DNA, proteins, and cell membranes — the cellular-level drivers of accelerated ageing and chronic disease.
- **Liver detoxification support.** Central to Phase II liver detoxification — conjugating and neutralising toxins, heavy metals, and metabolic waste products for safe elimination. One of the most clinically studied applications of glutathione therapy.
- **Immune system regulation.** Supports the proliferation and function of lymphocytes and natural killer cells. Immune dysfunction and glutathione depletion are consistently correlated in research.
- **Skin brightness and complexion.** Glutathione inhibits melanin synthesis, with well-documented effects on skin tone, brightness, and the reduction of hyperpigmentation. This is one of the most observed and reported cosmetic benefits of injectable glutathione.

- **Energy and mitochondrial function.** Protects mitochondria from oxidative damage, supporting efficient ATP production and reducing the chronic fatigue associated with mitochondrial dysfunction.
- **Neurological protection.** Glutathione depletion in brain tissue is consistently associated with neurodegenerative processes. Replenishment supports neuronal protection and cognitive function.

EMERGING RESEARCH AREAS

Active research is investigating glutathione's role in respiratory health (including post-viral recovery), autoimmune condition management, and longevity pathways. These applications are promising but not yet fully established in clinical literature — discuss with your prescriber if these are relevant to your goals.

BEFORE YOU BEGIN

Storage and handling.

Glutathione is particularly sensitive to oxidation — it can degrade and lose potency if handled incorrectly. A few minutes spent on storage protects both your investment and your results.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

SHELF LIFE (UNRECONSTITUTED)

Keep dry and refrigerated until ready to use. Do not reconstitute until needed.

WHAT'S IN YOUR KIT

- Your Glutathione vial
- Bacteriostatic water for reconstitution
- Syringes and insulin-gauge needles
- Alcohol swabs

Glutathione is especially vulnerable to oxidation after reconstitution. Always inspect your solution before use — if it appears yellow or amber rather than clear, discard it and contact us. If anything is missing, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

Glutathione is administered subcutaneously — just under the skin. The injection is straightforward and the needle is fine-gauge. By your third or fourth session, it will feel entirely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time to prevent localised irritation.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

Dispose safely

Place the used needle immediately in a sharps container.

Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

By session three, it will feel like second nature.

YOUR JOURNEY

What to expect — week by week.

Glutathione replenishment works at the cellular level — some of its most important effects are happening long before they are visible or consciously felt. The timeline below reflects what most people experience. Individual response depends on baseline glutathione status, toxic burden, and health context.

Restoration begins at the cellular level, long before it reaches the mirror.

DAYS 3-7 Some people notice an early improvement in energy and a sense of clarity — particularly those who were significantly depleted. Skin may appear subtly brighter. Sleep quality often improves as oxidative burden reduces.

WEEKS 2-3 More consistent energy levels and reduced fatigue. If detoxification support is the primary goal, some people notice improved tolerance of foods or environments that previously triggered reactions. Skin brightness and tone continue to develop.

WEEKS 4-6 Meaningful cellular antioxidant restoration underway. Visible skin improvements are commonly noted by this stage — more even tone, reduced dullness, improved radiance. Immune resilience and recovery from illness may improve noticeably.

MONTH 2-3 Sustained replenishment producing systemic benefit. Many people describe feeling the clearest and most energetically resilient they have in years. Liver function markers, where elevated, often improve. Skin benefits continue to develop and consolidate.

YOUR PRESCRIPTION REMINDER

Dose		mcg / mg
Frequency		× per week

Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

Injectable glutathione has an excellent safety profile and is one of the most well-tolerated therapeutic compounds available. Serious adverse effects are rare. We want you fully informed.

COMPLETELY NORMAL — NO ACTION NEEDED

- **Mild injection site redness or bump.** Localised, fades within hours. Rotating sites prevents recurrence.
- **Transient fatigue or mild headache in the first few days.** As detoxification pathways activate and the body begins processing a backlog of oxidative burden, some people experience brief tiredness. This typically resolves within the first week.
- **Changes in urine odour.** As sulphur-containing metabolites are excreted, some people notice a temporary change in urine smell. This is harmless and reflects active detoxification.

PLEASE REACH OUT IF YOU EXPERIENCE

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, difficulty breathing (seek emergency care immediately)
- Significant worsening of fatigue, brain fog, or nausea beyond the first week
- Anything that doesn't feel right — trust your instincts and call us

NOTE ON DETOX REACTIONS

In individuals with high toxic load or compromised detoxification pathways, a temporary increase in symptoms — fatigue, mild headache, skin changes — can occasionally occur in the first week as mobilisation of stored toxins increases. This is uncommon and brief. If it persists beyond a week or feels significant, contact your prescriber rather than stopping independently.

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that protect your protocol.

Glutathione is constantly being consumed by the demands of modern life. These practices reduce that consumption — preserving more of what your protocol is restoring and extending the benefit of every dose.

Support With Nutritional Co-Factors

Glutathione synthesis depends on adequate cysteine, glycine, and glutamate from dietary sources — found in quality protein (eggs, whey, poultry, legumes). N-acetylcysteine (NAC) is the most direct nutritional support for glutathione production; speak to your prescriber about whether this is appropriate to add.

Reduce Your Oxidative Load

Alcohol, cigarette smoke, processed foods, and chronic psychological stress are the primary drivers of glutathione depletion. Reducing these during your protocol is not optional — they are actively working against every dose.

Prioritise Sleep

Glutathione synthesis and cellular repair are predominantly nocturnal processes. Seven to nine hours of quality sleep directly supports your protocol's effectiveness — this is when most of the replenishment work consolidates.

Support Your Liver

The liver is the primary site of glutathione production and deployment. A diet rich in cruciferous vegetables (broccoli, kale, Brussels sprouts) supports liver glutathione activity. Reduce processed foods and alcohol throughout your protocol.

Stay Active

Moderate exercise increases endogenous glutathione production. Intense, excessive exercise without recovery can deplete it — aim for consistency and adequate recovery between sessions.

Rotate Injection Sites

Rotating between abdomen and outer thighs prevents localised tissue irritation and maintains consistent, reliable absorption.

COMMON QUESTIONS

You asked. We answered.

Why injectable rather than oral supplements?

Oral glutathione is substantially broken down during digestion before it can be absorbed into systemic circulation. Injectable delivery bypasses this degradation entirely, delivering glutathione directly into the bloodstream where it can be taken up by cells throughout the body. The difference in bioavailability is significant.

Can I take Glutathione alongside my other medications?

Glutathione is generally very well-tolerated alongside most medications. As it supports liver detoxification pathways, it may theoretically affect the metabolism of some medications processed by the liver. Your prescriber will have considered this. If your medications have changed since your consultation, let us know.

How long is a typical protocol?

Most protocols run 8–12 weeks. Those with significant toxic burden, chronic illness, or specific skin goals may benefit from longer or maintenance protocols. Your prescriber will assess your response and adjust accordingly.

Can I use Glutathione alongside other compounds?

Glutathione pairs well with Vitamin C (which regenerates oxidised glutathione back to its active form) and with protocols targeting skin health, detoxification, or immune support. Speak to your prescriber about combinations relevant to your goals.

Is quality important?

Enormously — particularly for glutathione, which degrades readily. Pharmaceutical-grade reduced glutathione (the active form) from our pharmacy partner is a completely different standard to unverified commercial sources.

You are never navigating this alone.

WEBSITE & PORTAL

unearthed-wellness.com

BOOK A CONSULTATION

Via your patient portal

SUPPORT & ENQUIRIES

hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

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