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## Glutathione supplement for skin lightening and anti-ageing

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The growing demand of clients for full body skin lightening in Asia and Africa is the main reason behind this study and Glutathione supplement with Vitamin C is proving its efficacy very well in this particular segment. Glutathione / GHSarebody's Master Antioxidant, Detoxifier and Tyrosinase Inhibitor. Glutathione is a tripeptide made up of three amino acid cysteine, glutamic acid and glycine, and is found naturally in many fruits, vegetables and meats. Supplements of Glutathione shows skin lightening as well as age defying effects! It is produced in human liver and plays a key role in intermediary metabolism, immune response and health. When glutathione is taken in a higher dosage, the pathway of melanin is altered and is proven to reverse the melanin's metabolism turning dark pigmentations (eumelanin) into light pigmentations (Pheomelanin) by inhibiting and blocking Tyrosinase enzyme. Continuous and consistent supplementation will result into gradual skin lightening. Its dosage and results depend upon body weight as well as color of skin for eg. results visible on Light-medium brown skin: 1-3 months, Dark brown skin: 3-6 months, Very dark skin: 6-12 months & Black skin: 18 months minimum and above. A Glutathione efficacy in skin lightening works only if it is taken with Vitamin C at least equal or twice its dosage. Standard dosage is 20-40 mg/kg of body weight for 3-6 months once or twice in a day and best if taken at night 2-3 hours after last meal for better absorption. It gives skin a radiant glow, controls acne and prevents acne marks, defies the aging process, protect skin from sun and environmental damages, lighten skin color, pigmentation, tan & freckles, anti-aging & anti wrinkles- make skin smooth, fresh & radiant, hasten healing of wounds and nourishes skin. Origo Cosmeceuticals is promoting Glutathione supplement – Ifair in India from last 4 year and has many satisfied customer, so the author wants to share the efficacy and mode of action of it on our skin which many of us are not aware.

### Biography

Anandmayi Priyadarshini has completed her BSc in 1999 in Zoology from Bhagalpur University, India and MBA in IT & Marketing in 2002 from Indian Institute of Planning & Management, Delhi, India. She is the Director of Origo Cosmeceuticals Pvt. Ltd., a fastest growing Cosmeceutical & Nutraceutical company of India. She is having 12 plus year of experience in Sales & Marketing and Product Management in healthcare Industry. She is actively involved in launching as well as in Market research of many new and innovative Dermatocosmetics products in India among Cosmetologist and Dermatologist of India & UAE.

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