

AND GLUTATHIONE COMPONENTS

CHEMICAL

FOOD SOURCES

Glutathione

Animal sources: red meat (fresh), fish, poultry

Vegetable sources: fresh and frozen fruits: blackberries, strawberries, blueberries, leafy green vegetables (raw or steamed), particularly asparagus, avocados and nuts (walnuts)

Glutamine

Animal sources: meat, fish, poultry, milk, eggs, yogurt, whey protein and cottage cheese

Vegetable sources: beans, spinach, parsley, cabbage

Cysteine

Animal sources: eggs, milk, whey protein, yogurt, cottage and ricotta cheeses, pork, sausages, poultry and lunch meats

Vegetable sources: red peppers, garlic, onions, leeks, broccoli, Brussels sprouts, granola and wheat germ

Glycine

Animal sources: meat, poultry, fish, milk, eggs, yogurt, whey protein, ricotta and cottage cheeses

Vegetable sources: leafy green vegetables, legumes