**Food sources of glutathione precursors include the following:**  
  
    a. raw goat whey, cultured at home, (by simply leaving it out on the counter until the curds and whey separate) is one of the highest known source of glutathione precursor cysteine, and is readily absorbed. The dry powder of un-denatured whey protein is an acceptable option as long as it comes from antibiotic and hormone free, grass fed animals.   
  
    b. raw goats milk (should be hormone and antibiotic free) will also contain cysteine, although the whey is the form that is most easily assimilated,  
  
    c. milk thistle helps to prevent glutathione depletion in the liver. It is also a natural liver detoxifier and liver protectant.  
  
    d. okra,  
  
    e. rice bran, high in Alpha Lipoic Acid (ALA) promotes the synthesis of glutathione in the body.   
  
    f. several spices found in Indian curry including turmeric, cinnamon, cardamom and curcumin,  
  
    g. rosemary,  
  
    h. the sulfur containing vegetables (kale, broccoli, brussels sprouts, cabbage, onions, garlic, cauliflower, bok choy, watercress, mustard, horseradish, turnips, rutabagas, kohlrabi)  
  
    i. raw eggs,  
  
    j. Pink Sulfur Salt (Black Salt),  
  
    k. grape seed extract,  
  
    l. bilberry,  
  
    m. asparagus,  
  
    n. avocados,  
  
    o. ripe seeds of green beans,  
  
    p. red beets,  
  
    q. aloe vera  
  
    r. peaches, and watermelon  
  
    s. whey protein powder,  
  
    t. Pycnogenol from pine bark.   
  
    u. Brazil nuts - the highest natural source of selenium. Selenium is a co-factor for the enzyme glutathione peroxidase. (1-2 Brazil nuts per day - no more).  
  
Glutathione supportive foods are Nature's way of giving us long lives with health and vitality!  
  
Enjoy the simple gifts from Nature!