

# Nebulized Glutathione/Iodine Instructions

During respiratory infections, reducing inflammation in the lungs can be an effective way to reduce symptoms and support immune function. One direct method to reduce lung inflammation is by using nebulized glutathione.

A nebulizer works by creating small water droplets that carry a desired nutrient or medication into the lungs. In this case, we will be using glutathione. Glutathione is the body's primary antioxidant, which is critical for immune function and fighting inflammation.

## Tools Needed

- Nebulizer
  - These can be found as handheld devices at many locations - Amazon, Walmart, drug stores, etc. These typically cost around \$50.
- Saline
  - This is the fluid that will carry the glutathione into the lung.
  - Saline can be purchased through our office or at this link:
    - [Modudose Saline Solution for Inhalation](#)
- Glutathione
  - This needs to be a specific form of glutathione safe for lung inhalation.
  - Glutathione can be purchased through our office or at this link:
    - [Reduced L-Glutathione Plus – Theranaturals](#)
- Iodine
  - Any liquid iodine would be useful. Here are several options:
    - Organo Iodine Drops (we have this in stock at our office)
    - [J.CROW'S® Lugol's Solution of Iodine](#)
    - [MaryRuth's Nascent Iodine Liquid Drops](#)

## Instructions

- Pour 5 mL of saline into the nebulizer cup.
- Break open one glutathione capsule and add the contents to the saline.
- Add iodine
  - If using Organo Iodine Drops, use 2 dropperfuls
  - If using J.CROW'S Lugol's Solution, use 1 drop
  - If using MaryRuth's Iodine, use 16 drops
- Let it finish bubbling prior to use.
- Turn on the nebulizer and breathe through your nose (if possible) for the duration of the cycle.
- Most nebulizers will turn off once the liquid is gone.
- This can be done up to 3 times per day.

If you're doing both nebulized glutathione and nebulized hydrogen peroxide, do not mix the two within the same treatment session.