

ALCOHOL AND GLUTATHIONE

Summary

Glutathione is one of the strongest cellular anti-oxidants. Presence of ethyl alcohol in cells influences disadvantageously glutathione redox GSH/GSSG equilibrium and evokes numerous disorders in all tissues and organs, particularly in liver, lung, skeletal

muscles, heart muscles, and in apoptosis and immunity processes. These disorders are more evident in the older people owing to the lower efficiency of their defense systems.