



Supplemental Figure 1. Effect of liposomal glutathione supplementation on erythrocyte reduced and oxidized glutathione levels. Subjects were randomized to 500 mg/d liposomal GSH and 1000 mg/d liposomal GSH. Liposomal GSH administration continued for 4 weeks. Blood was collected at baseline and after 1, 2 and 4 weeks. Left panel: GSH and its major oxidized forms GSSG and GSSP in 500 mg/day liposomal GSH group. Right panel: GSH and its major oxidized forms GSSG and GSSP in 1000 mg/day liposomal GSH group. *Significantly different from baseline by repeated measures ANOVA, $P < 0.05$.