

Glutathione Dosing Chart

The body's main intracellular antioxidant, given by IV and orally for various uses. Oral absorption is poor; IV use is clinical. Commonly discussed doses: 200 mg–1200 mg. IV administration is in the hundreds of milligrams, given clinically. Figures shown are total milligrams in micrograms — 600,000 mcg is 600 mg. IV use is a clinical procedure, not a home reconstitution.

thelastpeptide.com · Medically reviewed by Charles Maddix, MSN, APRN, PMHNP-BC · Last reviewed 2026-08-02

FDA STATUS

Glutathione is not FDA-approved as a drug for general use. It is available as a supplement and is administered intravenously in clinics, but it is not FDA-approved to treat any condition.

600 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	200 mg	600 mg	1200 mg
1 mL	600	33.3 u	100 u	—
2 mL	300	66.7 u	—	—
3 mL	200	100 u	—	—

1200 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	200 mg	600 mg	1200 mg
1 mL	1200	16.7 u	50 u	100 u
2 mL	600	33.3 u	100 u	—
3 mL	400	50 u	—	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/glutathione

Glutathione dose figures are commonly discussed reference information with no approved labeling unless stated above. The Last Peptide is an educational reference and sells nothing. Dosing figures shown here are commonly discussed reference information, not prescriptions or medical advice. Many peptides listed are not FDA-approved. Talk to a licensed clinician before using any peptide.