Glutathione S-transferases

Selected dietary sources of nutrients for glutathione support

**Vitamin B6**
Turkey, pork, chicken, beef, amaranth, lentils, pistachio nuts, sunflower seeds, garlic, and prunes

**Magnesium**
Nuts, seeds, beans, and whole grains

**Selenium**
Brazil nuts, pork, turkey, lamb, chicken, and egg

**Methionine**
Turkey, pork, chicken, beef, egg, Brazil nuts, soybean, sesame seeds, and spirulina

**Cystine**
Pork, turkey, chicken, egg, soybean, spirulina, sesame seeds, and oats

**Glycine**
Turkey, pork, chicken, amaranth, soybean, peanuts, pumpkin seed, and beef

**Folate (dietary form of folic acid)**
Mung bean, adzuki bean, and other legumes, liver, sunflower seeds, quinoa, spinach, asparagus, avocados, mustard greens, and artichokes

**Alpha-lipoic acid**
Spinach, broccoli, tomato, peas, Brussels sprouts, and visceral meats

**Functional foods**
Turmeric, milk thistle, cruciferous vegetables, and artichoke