

# Nutrient Deficiencies can Cause Insomnia

Submitted by support on Wed, 04/18/2012 - 07:32

## Forums:

### [Insomnia](#)

There are many issues that can cause insomnia...here are a few of the nutrient deficiencies ... Oxidized glutathione (GSSG) is an active component of the neurochemical SPS (sleep promoting substance). Researchers at the Tokyo Medical University showed that high levels of oxidized glutathione promote sleep and affect other hypothalamic functions, such as temperature control. GSH detoxifies neuronal tissues more actively during certain periods of sleep. This may explain why those taking GSH-enhancing products often report less need for sleep yet feel more energetic." Most are deficient in glutathione by the age of 30 - losing about 15% per year from the teens on (used to be 1-2% year from around 20 on). Glutathione is involved in more functions than any other molecule in the body...