

MLS Laboratory Update: Glutathione Injections Linked to Illnesses, Including Hospitalizations

SEPTEMBER 22, 2026

Purpose of this Message:

The Minnesota Department of Health (MDH) requests that healthcare providers, clinics, and hospitals report any adverse events occurring in patients following glutathione injections.

Action Item:

No laboratory action needed. Forward as appropriate.

Background:

CDC is investigating illnesses in people who received injections of glutathione. In partnership with FDA and state and local health departments, CDC has received reports of more than 25 cases across at least four states (Texas, Washington, Florida, and New York), including some people that required hospitalization. There are no FDA-approved glutathione products in the United States. The injectable products linked to these illnesses were made with a dietary supplement grade glutathione ingredient. Ingredients labeled for dietary supplement use may contain impurities or contaminants, like endotoxins, that can cause serious illness when injected. Reported symptoms include fever, chills, pain, dizziness, signs of shock, and symptoms similar to sepsis. These symptoms are consistent with exposure to high endotoxin levels.

Action items for healthcare providers & clinics:

CDC is sharing the following interim recommendations:

- **Do not administer** injectable glutathione ingredients that were compounded using dietary supplement grade ingredients, or products whose ingredient grade cannot be verified. There are no FDA-approved glutathione products in the United States.
- **Confirm with your compounding pharmacy** that the ingredient used in any injectable glutathione product you administer is appropriate for the intended route of administration and was not compounded from a dietary supplement or dietary supplement grade ingredient.
- **Recognize and evaluate patients** who develop signs or symptoms during or after receiving injectable glutathione, including fever, chills, myalgia, nausea, vomiting, hypotension, tachycardia, or injection-site reactions.
- **Report suspected adverse events** to [FDA MedWatch](https://www.fda.gov/safety/medwatch-fda-safety-information-and-adverse-event-reporting-program) (<https://www.fda.gov/safety/medwatch-fda-safety-information-and-adverse-event-reporting-program>) and to the MDH **by emailing health.hai@state.mn.us** or **by calling MDH at 651-201-5414** and request to speak with Britt Bailey.

Follow CDC's healthcare outbreak webpage for the latest recommendations and information: [Adverse Events Linked to Injectable Glutathione Compounded with Dietary Supplement Grade Ingredient: Current Situation \(https://www.cdc.gov/healthcare-associated-infections/current-situation/index.html\)](https://www.cdc.gov/healthcare-associated-infections/current-situation/index.html).

Read FDA's Safety Alerts:

- [FDA reminds compounders not to use dietary supplement grade glutathione for injectables | FDA \(https://www.fda.gov/drugs/human-drug-compounding/fda-reminds-compounders-not-use-dietary-supplement-grade-glutathione-injectables\)](https://www.fda.gov/drugs/human-drug-compounding/fda-reminds-compounders-not-use-dietary-supplement-grade-glutathione-injectables).
- [Centric Compounding Issues Nationwide Recall of Glutathione, Myer's Cocktail, and Tri-Immune Boost Due to Elevated Endotoxin Levels | FDA \(https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/centric-compounding-issues-nationwide-recall-glutathione-myers-cocktail-and-tri-immune-boost-due\)](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/centric-compounding-issues-nationwide-recall-glutathione-myers-cocktail-and-tri-immune-boost-due).

Questions:

If you have any questions, please contact Paula Snippes Vagnone, paula.snippes@state.mn.us

Thank you,

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