

Disclosed are two crystalline forms of S-acetyl glutathione (SAG) called Form A and Form B, obtained by crystal-lisation of SAG from mixtures of water-acetone, water-ethanol or water-methanol, preferably acetone, under controlled conditions. The crystalline forms are characterised by X-ray powder diffraction, IR spectrum and DSC. Forms A and B can be advantageously used as ingredients of pharmaceutical or nutraceutical formulations.