

N-Acetyl Cysteine

600 mg, 60 capsules

Item Catalog Number: 00215

N-acetyl-cysteine (NAC) is the acetylated form of L-cysteine that has been used to break up pulmonary and bronchial mucous.⁸⁶⁻⁹⁴ It is very efficiently absorbed and has been shown to protect cells directly.⁹⁵⁻¹⁰⁴ NAC is an antioxidant and a free radical-scavenging agent that increases intracellular glutathione at the cellular level. NAC can act as a precursor for glutathione synthesis as well as a stimulator of the cytosolic enzymes involved in glutathione regeneration. NAC has been shown to protect against oxidative stress-induced neuronal death in cultured granule neurons.¹⁰⁵

References

NAC is an antioxidant that increases intracellular glutathione at the cellular level. NAC can act as a precursor for glutathione synthesis as well as a stimulator of the cytosolic enzymes involved in glutathione regeneration. NAC is the more efficiently absorbed and used form of the amino acid L-cysteine. L-cysteine plays a role in the sulfation cycle, acting as a sulfur donor¹⁶ in phase II detoxification and as a methyl donor in the conversion of homocysteine to methionine.^{17,18} N-acetyl cysteine also enhances immune function.¹⁹⁻²² NAC attenuates the progression of the abnormal retention of lipids within liver cells by decreasing development of oxidative stress and subsequent increases in TNF-alpha.²³ In addition, N-acetyl cysteine is used to support bronchial health.²⁴⁻²⁷

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

N-Acetyl Cysteine

600 mg

Other ingredients: magnesium stearate, stearic acid, gelatin, water.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule one to three times daily with or without food, or as recommended by a healthcare practitioner.
- When taking N-acetyl cysteine it is recommended that two to three times as much vitamin C be taken at the same time.

Caution

Those who supplement with NAC should drink six to eight glasses of water daily to prevent cysteine renal stones. Cysteine renal stones are rare but do occur.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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