

Cysteine Anhydrous Powder

300 grams

Item Catalog Number: 126

L-cysteine is a conditionally essential amino acid, one of only three sulfur-containing amino acids, the others being taurine (which can be produced from L-cysteine) and L-methionine from which L-cysteine can be produced in the body by a multi-step process. Cysteine plays a role in the sulfation cycle, acting as a sulfur donor in phase II detoxification and as a methyl donor in the conversion of homocysteine to methionine. Cysteine also helps synthesize glutathione, one of the body's most important natural detoxifiers. N-acetyl-cysteine is the acetylated form of L-cysteine, which is more efficiently absorbed and used.⁵⁴⁻⁶⁴

Glutathione (gamma-L-glutamyl-L-cysteinyl-glycine) is a peptide (short protein)-like molecule synthesized in the body from the three amino acids L-glutamic acid, L-cysteine, and glycine. Glutathione is one of the body's most important and powerful antioxidants, helping to detoxify xenobiotics. A major function of vitamin C is to keep glutathione in its reduced form so that they can continue to provide free radical quenching effects.⁶⁵⁻⁶⁸

Even though many published studies show that garlic, selenium, alpha-lipoic acid, L-cysteine, and N-acetyl-cysteine can boost cellular glutathione levels, people with health problems may benefit from taking high doses of glutathione.^{65,69-71*}

References

Supplement Facts

Serving Size 1/8 Rounded teaspoon

Servings Per Container approximately 343

Amount Per Serving

L-cysteine HCl (anhydrous)

875 mg

Other ingredients: none.

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

- Mix 1/8 rounded teaspoon daily in water or juice, or as recommended by a healthcare practitioner.

Caution

Those who supplement with L-cysteine should drink at least six to eight glasses of water daily in order to prevent cysteine renal stones.

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.

treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.