

## L-Cysteine

### **500 mg, 60 capsules**

Item Catalog Number: 00064

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.

## References

## Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

### Amount Per Serving

L-cysteine 500 mg

(from L-cysteine HCl)

Other ingredients: cellulose, gelatin, purified water, magnesium stearate, MCT, silica.

## Dosage and Use

- One capsule daily, or as directed by a healthcare professional.

## Caution

When taking N-acetyl cysteine it is recommended that two to three times as much vitamin C be taken at the same time. Failure to do so may result in more harm than good from taking this product because of the prolonged presence of the oxidized L-cysteine.\*

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other 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.