



N-Acetyl-L-Cysteine

N-Acetyl-L-Cysteine (NAC) is a stable, bioavailable form of the amino acid cysteine noted for its powerful antioxidant action. NAC plays an important role in protecting the liver, brain, lungs, and other body tissues. Many of the beneficial actions of NAC are related to its ability to enhance the production of glutathione, one of the body's most important scavengers of free radicals that can cause damage to cells and tissues. Our body's ability to produce glutathione declines as we age. Exposure to environmental toxins can also increase demand for antioxidant protection from glutathione. However, taking oral glutathione directly is not an effective way of boosting its levels inside cells. In contrast, oral supplements of NAC are a reliable way of increasing cellular production of glutathione.

Some of the key actions and benefits of NAC include:

- **Provides potent antioxidant protection:** NAC is metabolized to cysteine, a sulfur amino acid that is used by the body to synthesize glutathione and form other important sulfur compounds. NAC is the major precursor for intracellular production of glutathione. Maintaining adequate levels of glutathione is crucial for healthy function of the liver, nerve cells, brain, pancreas, and lungs.
- **Assists detoxification mechanisms:** NAC is used by the liver to support numerous detoxification mechanisms. By increasing intracellular glutathione levels and reducing oxidative stress, NAC helps neutralize environmental pollutants and other toxins.
- **Supports immune and respiratory system function:** NAC has the ability to disrupt disulfide bonds of proteins found in mucus, an action that thins the mucus, allowing it to be more easily expelled from the lungs. The antioxidant action of NAC may also help protect the lungs and support the immune system.
- **Helps protect brain and nerve cells:** By protecting against oxidative stress, NAC helps protect against damage to neurons, the specialized cells found in our nervous system that are important to maintaining memory and learning abilities.

This product may be a useful nutritional adjunct for individuals who wish to support glutathione synthesis and assist the liver in its detoxification actions.

Suggested Use: 1 to 2 capsules daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Capsule	
N-Acetyl-L-Cysteine USP	500 mg*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, silicon dioxide, and L-leucine.