

# N-AcetylCysteine

High-potency  
antioxidant



- Loosens phlegm pockets in the lungs during colds & flu for easier expulsion
- Helps synthesize glutathione
- Helps prevent damage to lungs from smoking

**ISO 17025**  
Accredited Laboratory



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# N-AcetylCysteine



*N*-Acetylcysteine (NAC) is an acetylated form of the amino acid cysteine which is more efficiently absorbed. It is also an antioxidant that is helpful at fighting viruses. It is commonly used to help break down mucus and to protect from acetaminophen toxicity. In addition, it helps the body to synthesize the antioxidant glutathione. NAC helps to reduce plasma-cell adhesion in type-2 diabetes patients. While NAC does reduce the amount of damage caused to the lungs by cigarette smoking, it does not completely protect them from damage. NAC is effective in the treatment of lung damage caused by inhalation of airborne chemicals. NAC is also used as a liver protectant and appears effective in reducing complications related to liver transplants.

The amino acid *N*-acetylcysteine (NAC) appears to inhibit HIV replication in a laboratory setting. Supplementation appears to slow the decline of immune functions in HIV patients. When used with glutamine, it helps in the production of glutathione, an antioxidant and 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. A major function of vitamin C is to keep glutathione, L-cysteine and *N*-acetylcysteine in reduced form so that they can continue to have their powerful free-radical-quenching effects, which appear to be helpful in preventing infection in HIV patients. The supplement *N*-acetylcysteine appears to minimize the severity of influenza infection.

Subjects taking 500 mg twice daily experience far fewer and less severe symptoms when they become infected with the flu. *N*-Acetylcysteine is the more effective and used form of the amino acid L-cysteine. NAC acts as an antioxidant and is useful against viruses.

We recommend that vitamin C be taken in double doses while taking *N*-acetylcysteine; up to 5000 mg over a 24-hour period. Failure to do so results in an abundant amount of oxidized L-cysteine which, over time, may create more harm than good.

## Each vegetable capsule contains:

*N*-Acetyl-L-cysteine ..... 500 mg

**Other ingredients:** Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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## Suggested use:

**Adults:** Take 1 capsule daily with a meal providing protein or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 6 months.

Manufactured under strict GMP (Good Manufacturing Practices).

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