



N-Acetyl-L-Cysteine (NAC)

INTRODUCED 1992

What Is It?

N-Acetyl-L-Cysteine (NAC) is a derivative of the dietary amino acid L-cysteine. NAC has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. NAC also enhances glutathione production and plays a role in heavy metal detoxification.*

Uses For NAC

Immune And Respiratory System Health: When mucus thickens, it can become difficult to expel. Due to its sulfur content, NAC is able to disrupt disulfide bonds, thinning the mucus so that it, along with the trapped particles and bacteria, are more easily expelled from the lungs. NAC is a powerful free radical scavenger and thus supports epithelial cell health and healthy cilia activity in the respiratory tract. NAC is also a precursor to the antioxidant glutathione. Supplemental NAC increases tissue levels of glutathione. Lymphocytes, specific components of the immune system, rely on glutathione to function properly. Tissues enhanced with glutathione support overall antioxidant protection and help to maintain a healthy immune response. A multicenter, randomized, double blind trial with 262 participants indicated that NAC supplementation for 6 months supported upper respiratory tract and immune system health. A recent meta-analysis of 8 double blind, placebo controlled trials provided additional support for NAC's ability to support respiratory tract health.*

Supports Heavy Metal Detoxification: Several studies suggest that NAC administration to animals may help to reduce mercury and cadmium accumulation in the kidneys and liver and/or to moderate the effects of these metals in these tissues. NAC may achieve these actions in part by facilitating mercury removal from tissues, promoting healthy glutathione levels, or protecting tissues from peroxidation generated by heavy metals.*

What Is The Source?

Pure Encapsulations N-Acetyl-L-Cysteine is a free-form amino acid derived from protein and extensively purified. The vitamin C (as ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends between 600-1800 mg per day, in divided doses, between meals. Pure Encapsulations NAC capsules come in both 600 and 900 mg capsules.

Are There Any Potential Side Effects Or Precautions?

Rare side effects may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain. If pregnant or lactating, consult your physician before taking this product.


Are There Any Potential Drug Interactions?

NAC may interact with nitroglycerin and metoclopramide. Consult your physician for more information.

N-Acetyl-L-Cysteine (NAC) 900 mg.

each vegetable capsule contains	 v 00
n-acetyl-l-cysteine (free-form)	900 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
1-2 capsules per day, between meals..	

N-Acetyl-L-Cysteine (NAC) 600 mg.

each vegetable capsule contains	 v 0
n-acetyl-l-cysteine (free-form)	600 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg
3 capsules per day, in divided doses, between meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.