

# NAC

## N-Acetyl-Cysteine



### Clinical Applications

- Supports Detoxification\*
- Supports Healthy Respiratory Function\*
- Supports Cellular Antioxidant Activity\*
- Improves Glutathione\*

NAC N-Acetyl Cysteine is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant, and helps promote optimal detoxification.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

**NAC (N-Acetyl Cysteine)** is an amino acid that boosts antioxidant function and is commonly used as an agent to help clear sinus and airway congestion caused by mucus overproduction.

**NAC** is a source of the conditionally essential amino acid L-cysteine and is a precursor to the tripeptide glutathione, an essential intracellular antioxidant, and therefore supports antioxidant and cellular detoxification pathways in the body. In addition, a growing body of research also highlights the role of NAC in supporting neuropsychiatric health.

**N-Acetyl cysteine** is one of the few antioxidants found to raise glutathione levels.

**Glutathione** is an important antioxidant used in many different metabolic processes within the body. Maintaining adequate levels is important to maintaining the health of the respiratory, hepatic and immune systems. It is also important in supporting antioxidant protection of lipids and proteins and supporting the normal response to inflammation.<sup>1-7</sup>

**Glutathione** is not well absorbed by the body when taken orally, so it can be difficult to sustain adequate glutathione levels. NAC has been shown to significantly increase glutathione levels.

**NAC** is also capable of reducing the viscosity of mucous and is also used to support respiratory and pulmonary health.

### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
N-Acetyl-L-Cysteine	900 mg *

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), stearates (vegetable source), microcrystalline cellulose.

### Suggested Use

As a dietary supplement, take one capsule per day, or as directed by your healthcare practitioner.

### Caution

Keep out of reach of children.



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



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**NAC**  
**N-Acetyl-Cysteine**



## References

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