



NAC (N-Acetyl-L-Cysteine)

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 is more easily expelled from the lungs, along with trapped particles and bacteria. NAC is a 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, and supplemental NAC increases tissue levels of glutathione. As fundamental components of the immune system, lymphocytes 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 six months supported upper respiratory tract and immune system health. A recent meta-analysis of eight double-blind, placebo controlled trials provided additional support for NAC's ability to support respiratory tract health.*

Supports Heavy Metal Detoxification: Several animal studies suggest that NAC administration may help to reduce mercury and cadmium accumulation in the kidneys and liver and/or to moderate the effects of the metals in those 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 derived from duck feather. The vitamin C (as ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends between 600-1,800 mg daily, 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.

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

each vegetarian capsule contains  00
n-acetyl-L-cysteine (free-form) 900 mg
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

If pregnant, consult your physician before taking this or any other product.

1-2 capsules daily, between meals.

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

each vegetarian capsule contains  0
n-acetyl-L-cysteine (free-form) 600 mg
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

If pregnant, consult your physician before taking this or any other product.

3 capsules daily, in divided doses, between meals.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com
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