

# N-Acetyl-Cysteine 600

600 mg / Supports Glutathione Synthesis



Recommended by  
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## DESCRIPTION

N-Acetyl-Cysteine 600 contains 600 mg of pharmaceutical grade N-acetyl-cysteine (NAC) for supporting glutathione synthesis in the body. NAC is an acetylated version of the amino acid L-cysteine, which is the limiting factor in glutathione production in the body.

## FUNCTIONS

Glutathione is one of the body's major endogenous antioxidants and is involved in many metabolic reactions. Low levels of glutathione are associated with high levels of oxidative stress and impairments in nearly every system in the body.<sup>1</sup> It is suggested that supplementation with NAC, which acts to maintain proper concentrations of glutathione in the body, can help support multiple factors of health and well-being.<sup>2</sup>

Much of the L-cysteine ingested through diet and supplementation is thought to be lost to first-pass metabolism. This is where NAC comes into play, as its structural difference makes it more resistant to metabolism. This will permit more L-cysteine to be distributed to the body resulting in increased glutathione production.<sup>3</sup>

It is thought that NAC supplementation increases glutathione concentrations in the body more than supplementing with glutathione alone since glutathione is rapidly broken down by the intestines. Once again, glutathione serves as a crucial antioxidant throughout the body by neutralizing free radicals and reactive oxygen species. Glutathione also plays a role in regulating the nitric oxide cycle, which is critical for proper blood flow and vascular function.

Glutathione is involved in a multitude of metabolic reactions affecting every system in the body, especially the nervous system, immune system and gastrointestinal system. Thus, N-acetyl-cysteine supplementation acts to support nominal glutathione concentrations in many critical cellular functions.

## INDICATIONS

N-Acetyl-Cysteine 600 may be a useful nutritional supplement for:

- Supporting metabolic reactions in the immune, nervous, respiratory, and gastrointestinal systems

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.

- Providing antioxidant protection to help regulate oxidative stress
- Supporting nitric oxide production and vascular function

To effectively increase both extracellular and intracellular glutathione levels, this product and glutathione may be taken concurrently.

## FORMULA (WW #10407)

### One Vegetarian Capsule Contains:

N-acetyl-cysteine ..... 600 mg

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

## SUGGESTED USE

Take one capsule daily, or as directed by a healthcare professional.

## SIDE EFFECTS

Caution: If pregnant, nursing, or taking any medication, consult your healthcare practitioner before use.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

1. Meister, A. (1991). Glutathione deficiency produced by inhibition of its synthesis, and its reversal: applications in research and therapy. *Pharmacology & therapeutics*, 51(2), 155-194.
2. Atkuri, K.R., Mantovani, J.J., Herzenberg, L.A., (2007). N-Acetylcysteine-a safe antidote for cysteine/glutathione deficiency. *Current opinion in pharmacology*. 7(4), 355-359.
3. Sjödin, K., Nilsson, E., Hallberg, A & Turek, A. (1989). Metabolism of N-acetyl-L-cysteine. Some structural requirements for the deacetylation and consequences for the oral bioavailability. *Biochemical pharmacology*, 38(22), 3981-3985. filters of harmful, high-energy blue light and support visual health and acuity by protecting against oxidative stress and inflammation.

Manufactured For:

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