



**Code:** 9525  
**Size:** 90 Capsules  
**Actual Size:** 25 mm



## NAC & ALA

500 mg & 200 mg

N-Acetyl-L-Cysteine & Alpha-Lipoic Acid

- Provides relevant amounts of both N-acetyl-L-cysteine and alpha-lipoic acid
- NAC and ALA are involved in antioxidant activity, and maintain the normal synthesis and regeneration of glutathione, the key cellular antioxidant\*
- Supports healthy mitochondrial function as well as normal phase 2 antioxidant enzyme activity\*
- Supports normal endothelial function and maintains nitric oxide synthesis already within the normal range\*

### PRODUCT SUMMARY

N-acetyl-L-cysteine (NAC) and alpha-lipoic acid (ALA) are highly complementary nutrients. Together, they support the clearing of normal cellular debris and maintain normal cellular function. NAC helps maintain the healthy synthesis of glutathione and antioxidant activity.<sup>1,2</sup> NAC also helps support the normal restoration of intracellular thiols, and helps clear normal cellular debris via the maintenance of nuclear factor kappa B (NF-kB).<sup>3</sup> Glutathione is needed to detoxify the body's natural toxins and maintain adipose tissue metabolism.<sup>4</sup> In addition to glutathione support, NAC supports antioxidant activity through multiple pathways, including nuclear factor (erythroid-derived 2)-like 2 (Nrf2) and phosphoinositide 3-kinase/protein kinase B (PI3K/AKT).<sup>5</sup> NAC helps support healthy endothelial function and maintain homocysteine already within the normal range.<sup>6,7</sup>

ALA, in turn, recycles important nutrients such as vitamin C and glutathione. It is a cofactor for several mitochondrial enzymes as well as glutathione reductase.<sup>8</sup> ALA helps maintain healthy glycemic control, normal insulin sensitivity, and healthy endothelial function, as well as healthy weight maintenance.<sup>9-11</sup> ALA supports healthy glucose levels already within the normal range.<sup>12,13</sup> ALA may support healthy oxidative status in a variety of populations.<sup>14,15</sup> By supporting antioxidant activity, it may also help maintain normal neuronal function.<sup>16,17</sup>



## Supplement Facts

Serving Size 2 Capsules  
 Servings Per Container 45

	Amount Per Serving	% Daily Value
Calcium (as dicalcium phosphate dihydrate)	250 mg	20 %
N-Acetyl-L-Cysteine	500 mg	**
R-Alpha-Lipoic Acid	200 mg	**

\*\* Daily Value not established.

Other ingredients: Dicalcium phosphate dihydrate, vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade), silicon dioxide, stearic acid.

**Serving Size:** 2 Capsules

**Servings Per Container:** 45

**Suggested Usage:** 2 capsules per day with a meal or as directed by a health care professional.

**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

**Contraindications:** Consult a health care professional prior to use if you are pregnant or breastfeeding, or if you have diabetes or kidney stones. Do not use this product if you are taking antibiotics or nitroglycerin. Avoid use with acetyl-L-cysteine allergy and use with caution in individuals with asthma.

**Drug Interactions:** Caution should be used with medications as they may have additive effects. Long-term use may warrant low-dose copper and/or thiamine supplementation. NAC may have additive effects with nitroglycerin, causing severe headaches and hypotension. NAC may also reduce the capacity of activated charcoal to absorb acetaminophen.<sup>18</sup>

**Contains no artificial colors, preservatives, or sweeteners, no dairy, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, tree nuts, or GMOs. Suitable for vegetarians.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

### References

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 14224 167<sup>th</sup> Ave. SE,  
 Monroe WA, USA 98272  
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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167<sup>th</sup> Avenue SE, Monroe, WA, USA 98272  
 Customer service 1-877-433-9860 · Fax 1-877-433-9862 · Email customersupport@bioclinicnaturals.com