

# NAC N-Acetyl-L-Cysteine – Free Form Amino Acid

## About NAC N-Acetyl-L-Cysteine

- N-acetyl-L-cysteine (NAC) is an antioxidant that helps protect against free radical damage and helps maintain good health.
- NAC is a stable form of L-cysteine that helps the body make glutathione, another antioxidant that plays a role in overall health.<sup>1,2</sup>
- NAC is a supportive treatment for respiratory system inflammation and helps relieve symptoms of chronic bronchitis, a type of chronic obstructive pulmonary disease (COPD).<sup>3</sup>
- NAC helps thin mucus, making it easier to cough up.<sup>4</sup>
- NAC helps with immune balance and helps relieve respiratory inflammation.<sup>5</sup>
- Research shows that NAC supports symptom improvement in COPD, making it easier to exhale more efficiently.<sup>3</sup>

## How to Use NAC N-Acetyl-L-Cysteine

- **500 mg capsules:** Take 1 capsule 2–3 times per day or as directed by a health care practitioner. Do not use beyond 24 weeks. Take with meals providing protein.
- **1000 mg tablets:** Take 1 tablet per day with a meal providing protein or as directed by a health care practitioner. Consult a health care practitioner for use beyond 6 months.

## Cautions and Contraindications

- **500 mg:** Consult a health care practitioner prior to use if you are taking nitroglycerin or antibiotics. Do not use if you have acetylcysteine allergy, or if you are pregnant or breastfeeding. Consult a health care practitioner if you have cystinuria. Keep out of reach of children.
- **1000 mg:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding or have kidney stones or cystinuria. Do not use this product if you are taking antibiotics or nitroglycerin. Keep out of reach of children.

## Drug Interactions

- NAC may reduce the effects of activated charcoal, and activated charcoal may reduce the absorption of NAC. Theoretically, NAC may increase the risk of hypotension when taken with antihypertensive medication and may increase the risk of bleeding when taken with anticoagulant or antiplatelet medication. Theoretically, NAC may interfere with the antimicrobial effects of chloroquine.

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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## Quick Tips for Optimal Health

- Use a high-efficiency particulate air (HEPA) filter. Research shows that former smokers with COPD using a HEPA filter may have decreased breathlessness, coughing, and phlegm with fewer symptom flare-ups.<sup>6</sup>
- Consider the Mediterranean diet. The protein, vegetables, and omega-3 fatty acids featured in the diet may help decrease respiratory symptoms and support respiratory health.<sup>7</sup>
- Go for a walk. People who walk 2–3 times per week for two months have decreased respiratory symptoms and increased exercise capacity.<sup>8</sup>
- Engage in mind-body movement. Stretching and breathing exercises can help improve quality of life and support a healthy mood.<sup>9</sup>

PRACTITIONER CONTACT INFORMATION:

## References

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