

## **NAC** DETOX YOUR BODY

N-ACETYL CYSTEINE

NAC plays several important roles in human health.  
NAC helps your body's detoxification system.



### **Product description**

N-acetyl cysteine (NAC) is a supplement form of cysteine, a conditionally essential amino acid. NAC has many health benefits, including replenishing antioxidants and nourishing your brain.

NAC offers potent antioxidant activity by optimizing the production and replenishment of glutathione. It regulates the important neurotransmitter glutamate.

NAC also acts independently to benefit bodily function from the lungs to the liver, as well as optimizing the body's resistance against oxidative stress and damage.

NAC is considered 'conditionally essential' because your body can produce it from other amino acids. It becomes essential only when the dietary intake of methionine and serine is low.

Consuming adequate cysteine and NAC is important for various health reasons, including replenishing the most potent antioxidant in your body, glutathione. These amino acids also help with chronic respiratory conditions, fertility, and brain health.

### **Important functions of NAC**

- Helps break up mucus, making it easier to clear from congested lungs and sinuses
- Enhances immune function by supporting the production and function of immune cells
- Enhances antioxidant activity to promote a normal inflammatory response in the lungs
- Supports liver and kidney detoxification by aiding the clearance of heavy metals, such as mercury and cadmium
- Protects the liver and kidneys from toxic insults
- Potent antioxidant function helps the body neutralize free radicals and replenish its glutathione stores

## Supplemental facts and Ingredients



N-ACETYL CYSTEINE ENHANCES DETOXIFICATION FUNCTIONS, IS LIVER PROTECTIVE, HAS A MUCUS-DISSOLVING EFFECT, SUPPORT FOR THE IMMUNE SYSTEM AND RESISTS OXIDATIVE STRESS.

Dietary supplements should not be used as an alternative to a varied diet. The recommended dosage should not be extended. Store at a cool, dry place out of reach of children.

IF PREGNANT, CONSULT YOUR HEALTH-CARE PRACTITIONER BEFORE

Consumer contact:  
[nordicwell.eu](http://nordicwell.eu)

**NAC**

**N-ACETYL CYSTEINE  
600 MG PURE**

**DETOX YOUR BODY  
90 CAPSULES**


SUPPLEMENT FACTS		
Serving size: 1 capsule Serving per container: 90		
Amount per serving		% DRI*
NAC	600 mg	**

\* Daily Recommended Intake  
\*\* Not Established

OTHER INGREDIENTS: Microcrystalline cellulose (E460), Silicon dioxide (E551), magnesium stearate (E470b).

DOSAGE: 1 capsule 2 times daily

DIETARY SUPPLEMENT



The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children. Use it with care and speak with a doctor before taking it.

### How to use

1-2 capsules per day. Best taken in the evening.

Always consult your doctor to determine whether NAC may benefit your health.

Take NAC together with our Berberine for an optimal detoxifying and restoring effect of your body.



Take NAC together with our NAD+ to repair and restore youth and vitality throughout our entire body.



## **Warning**

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children.

## **Storage**

Dry at room temperature.

## **NAC source**

Cysteine is found in most high protein foods, such as chicken, turkey, yogurt, cheese, eggs, sunflower seeds, and legumes.

## **NAC plays several important roles in human health.**

- Essential for making the powerful antioxidant glutathione  
NAC helps replenish glutathione, arguably your body's most powerful antioxidant. Therefore, it may help improve a variety of health conditions.
- Helps with detoxification to prevent or diminish kidney and liver damage  
NAC helps detoxify your body and can treat acetaminophen overdoses.
- May improve mental health conditions and substance use disorder  
By regulating glutamate levels in your brain, NAC may alleviate symptoms of mental health conditions and reduce substance use and cravings.
- Helps relieve symptoms of respiratory conditions  
NAC's antioxidant and expectorant capacity can improve lung function by decreasing inflammation and breaking up mucus.
- Boosts brain health by regulating glutamate and replenishing glutathione  
By helping replenish the antioxidant glutathione and regulating glutamate, NAC could have the potential to treat conditions such as Alzheimer's disease and Parkinson's disease.
- May improve fertility in both men and women

NAC may help improve fertility in men by reducing oxidative stress that damages or kills reproductive cells. It may also aid fertility in women with PCOS.

- May stabilize blood sugar by decreasing inflammation in fat cells

By decreasing inflammation in fat tissue, NAC may reduce insulin resistance and improve blood sugar regulation, but human-based research is lacking.

- May reduce heart disease risk by preventing oxidative damage

NAC can reduce oxidative damage to your heart, which can, in turn, decrease your risk of heart disease.

- Ability to boost glutathione levels may improve immune function

NAC's ability to boost glutathione levels may improve immune function.



**GLUTEN  
FREE**



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