

NAC-600

N-Acetyl-Cysteine

NAC-600 Supplementation

NutriDyn's NAC-600 contains pharmaceutical-grade N-acetyl-cysteine (NAC) to support glutathione synthesis in the body. Glutathione is a key tripeptide that plays important antioxidant roles in humans. NAC is an acetylated form of the amino acid L-cysteine, which is the limiting factor in glutathione production, as it is rarely found in foods.*

Since glutathione is one of the body's major endogenous antioxidants and is also involved in many metabolic reactions, low levels of this peptide are associated with high levels of oxidative stress and impairments in nearly every system in the body.^{1,2} Therefore, it is suggested that supplementation with NAC, which helps maintain proper concentrations of glutathione in the body, can support many factors of health and well-being.*³

Given the importance of sufficient glutathione levels in the body for supporting overall health and longevity, supplementation with NAC-600 can benefit users in a variety of ways.* The most relevant research-backed benefits derived from supplementation with NAC-600 include:

- Supports metabolic reactions in body systems, especially the immune, nervous, respiratory, and gastrointestinal systems*
- Acts as an antioxidant in the body to regulate oxidative stress*
- Supports nitric oxide production and vascular function*

How NAC-600 Works

Much of the L-cysteine ingested through diet and supplementation is thought to be lost to first-pass metabolism.⁴ This is where NAC comes into play, as its structural difference makes it more resistant to metabolism. As a result, more L-cysteine can be distributed to the body (resulting in increased glutathione production).⁵

Moreover, NAC supplementation increases glutathione concentrations in the body more than supplementing with glutathione alone since glutathione is rapidly broken down by the intestines.⁶ As alluded to earlier, glutathione serves as a crucial antioxidant throughout the body by neutralizing free radicals and reactive oxygen species. It has also been shown that glutathione plays a role in regulating the nitric oxide cycle, which is critical for proper blood flow and vascular function.*⁷

Lastly, glutathione is involved in a multitude of metabolic reactions affecting every system in the body, especially the nervous system, immune system, and gastrointestinal system.^{8,9,10} Thus, NAC-600 acts to support nominal glutathione concentrations in the body and many critical cellular functions.*³



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60/180

	Amount Per Serving	%DV
N-Acetyl-Cysteine	600 mg	*

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

Directions: Take one capsule daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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9. Dröge, W., & Breitkreutz, R. (2000). Glutathione and immune function. *Proceedings of the Nutrition Society*, 59(04), 595-600.
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• 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.

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