

## Nutritional Information On N-Acetyl L-Cysteine

Also named NAC, it is a chemically altered version of the body's non-essential amino acids. It works by detoxifying the body by removing harmful toxins. The amino acid protects cells from damage and it also preserves liver functions. NAC is a precursor to Glutathione, the strongest free radical destroyer. It protects the liver and brain from damage done by pollutants such as alcohol, cigarette smoke, and acidic or particulate matter in the air. The nutrient has other meaningful benefits as well. NAC helps the body to promote the burning of fat. It aids in the building of muscle. Through a chelating effect, the nutrient can rid the body of copper. The amino acid is also used in the treatment of some specific conditions. The amino acid is used to treat emphysema, bronchitis, and other adult respiratory problems. NAC plays a role in white cell production and their specific activities. That is, the white blood cells help to fight disease, and boost the body's natural immune response. It further aids in the metabolism and function of insulin which is necessary for the proper use, by the body, of sugars and starches. Sources of N-Acetyl L-Cysteine NAC can come from a number of sources. The body does make it on its own. It is, however, found in high-protein foods such as meat and eggs. Broccoli, wheat, garlic, onions, and red peppers are all good sources of NAC. Known Side effects and precautions The less common side effects and those that require medical attention are wheezing, a tight chest, and difficulty breathing, especially asthmatics. Rare side effects include a skin rash or irritation. Other side effects that don't necessarily need medical attention include clammy skin, fever, increased lung mucous, and irritation/soreness in the mouth, throat, or lungs. As always, if any side effect becomes bothersome or critical, get to the nearest emergency facility or your doctor as soon as possible. These are all extremely rare side effects, and this amino acid is generally known as a safe nutrient to consume. Again, Acetylcysteine is believed to be very safe; however, the recommended daily allowance has not been set for this nutrient. A dosage of around 30 to 50 mgs is the best kind of dosage in our view. Some studies have shown, however, that people use dosages of 1,000 mgs per day. It is possible that N-acetylcysteine may cause the body to get rid (excrete) the mineral zinc. Both zinc and the mineral copper should always be taken together, we suggest that you take both zinc and copper if consuming n-acetyl cysteine to avoid deficiencies in these important minerals. As always, women who are pregnant or nursing, and those individuals on prescription drugs, or who have a known medical condition, should always consult with their physician before starting any new supplementation. Our Tip on Choosing an N-Acetylcysteine Product Nutritional supplements in the U.S. and now other places in the world are largely unregulated, and many parties, both government and private have determined that health consumers only have a 1 in 5 chance of buying a product that actually contains the amount of ingredients stated on the product label, or worse still, a product that is not contaminated with harmful toxins. Because of this, we suggest that you only purchase from pharmaceutical GMP compliant facilities, such places adhere to the most exacting manufacturing standards. If you do what we have suggested, you can be sure you are getting the amount of n-acetyl cysteine you paid for, and one that is not potentially contaminated.

## About the Author

Adolescent eating disorder nutrition information for health care professionals, students.

Source: <http://www.productsherbal.com>