



Acetylcysteine

Overview

N-acetyl-cysteine, or NAC, is derived from the amino acid L-cysteine. Consuming adequate amounts of cysteine is critical to our health. One of the body's most important antioxidants, glutathione, helps neutralize free radicals that can damage cells and tissues within the body. It is essential for immune health and for fighting off damage at the cellular level. NAC helps to replenish the glutathione in our bodies. It acts as a hepatoprotective agent by restoring hepatic glutathione, serving as a glutathione substitute. Cysteine is an antioxidant found in high-protein foods, such as chicken, turkey, yogurt, cheese, eggs, and legumes. NAC is the supplement form of cysteine. It is used to help many conditions, such as flu, dry eye, and kidney disease. It is used for cough and other lung conditions due to its antioxidant and expectorant properties of loosening the mucus in your airways and reducing the inflammation in your bronchial tubes and lung tissue. It is also used in emergency rooms to treat Tylenol® overdose. (sentence deleted – its duplicated in the next paragraph) NAC helps in the regulation of glutamate, a neurotransmitter responsible for sending signals between the brain and nerves in the body. In conditions such as addiction, NAC may help withdrawal symptoms and relapse.

Other Uses

Acetylcysteine is also used for other conditions such as infertility, addictive behavior, and psychiatric diseases such as depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.

Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 200mg/ml

Route of Administration: For IV Injection only

Storage

Store at controlled room temperature. Protect from light.