

# N-Acetyl Cysteine

*Natural precursor to the critical antioxidant glutathione*

N-Acetyl Cysteine (NAC) is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant which helps support liver function, detoxification, healthy lungs and muscle recovery.

## Highlights

**Liver Health** – Manufactured by the liver, glutathione is a key compound used by the liver to help protect the body from normal exposure to harmful substances, such as chemicals, pollutants and heavy metals. When glutathione levels are low, the liver is vulnerable to damage from these toxins. Therefore, NAC assists the body in maintaining proper levels of glutathione in order to help the natural detoxification process.

**Lung Health** – N-Acetyl Cysteine works to break up sulfide bonds that are responsible for thickening mucus. By supporting healthy mucus viscosity, NAC helps maintain normal breathing patterns and supports healthy lung function.

**Muscle Recovery** – After a strenuous workout, damaging free radicals abound as a natural result of vigorous muscle contractions. While the master antioxidant, glutathione, diligently works to scavenge the excess free radicals, NAC quickly rebuilds the body's glutathione supply. Therefore, NAC can support efficient muscle recovery after workouts and periods of muscle exertion.

### N-Acetyl Cysteine helps support:

- Healthy liver function
- Optimal detoxification
- Antioxidant maintenance
- Healthy lungs
- Post-workout muscle recovery

## Recommended Use:

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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