

# N-Acetyl-L-Cysteine

Glutathione Precursor



Designs for Health's N-Acetyl-L-Cysteine provides 900 mg per 1-capsule serving of N-acetyl-L-cysteine (NAC). NAC is an amino acid precursor (or building block) to glutathione. Glutathione is one of the most powerful antioxidants in the body that promotes healthy liver function and optimal detoxification.\* NAC also helps support healthy inflammatory responses, muscle function and recovery, lung health, brain health, and reproductive health.\* NAC is prominently found in *Allium* plants, especially onions, and it may be more bioavailable than supplemental glutathione.\*

Glutathione is produced by the body to counteract internal stress that occurs daily due to natural bodily processes, or that may result from poor diet, lifestyle

choices, or certain conditions. Moreover, internal stress may occur after a strenuous workout due to vigorous muscle contractions. The more internal stress there is in the body, the more the body may use its glutathione supply. Supplementing with NAC may help to rebuild the body's glutathione supply efficiently, allowing glutathione to diligently scavenge internal stress, which can come in the form of "reactive oxygen species" or "free radicals."\*\* NAC may promote glutathione production to help maintain a healthy liver and to support muscle function and recovery after workouts and periods of muscle exertion.\*

## Benefits\*

- Promotes normal glutathione status
- Supports healthy liver function and optimal detoxification
- Supports antioxidant status and healthy inflammatory responses
- Promotes muscle function and recovery
- Supports brain, lung, and reproductive health

## Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

## Highlights

- Provides 900 mg per 1-capsule serving of N-acetyl-L-cysteine (NAC)
- Delivers a precursor to glutathione\*
- Gluten-free, dairy-free, and soy-free
- Non-GMO

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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