



N-Acetylcysteine (NAC)

Powerful Antioxidant Support for Detox and Immunity

Overall Effectiveness: 9/10 Impact on Mitochondria: 8/10

Supplement Essentials	Usage Guidelines	Insights
<p>Benefits:</p> <ul style="list-style-type: none"> Boosts glutathione production, a vital antioxidant for cellular health. Supports liver detoxification and protects against oxidative stress. Enhances lung function by breaking down mucus. May improve mental health by supporting neurotransmitter balance. <p>Recommended Dose:</p> <ul style="list-style-type: none"> Adults: 600-1,200 mg daily, divided into 1-2 doses. <p>Upper Limit:</p> <ul style="list-style-type: none"> Generally safe up to 2,400 mg daily. Higher doses may cause gastrointestinal upset. <p>Parts of the Human Anatomy That Benefit:</p> <ul style="list-style-type: none"> Liver, lungs, brain, and immune system. 	<p>Time of Day to Take:</p> <ul style="list-style-type: none"> Morning or afternoon. Avoid taking close to bedtime as it may be energizing. <p>With or Without Food:</p> <ul style="list-style-type: none"> Can be taken with or without food, though taking with food may reduce stomach irritation. <p>Solubility:</p> <ul style="list-style-type: none"> Water-soluble; easily absorbed by the body. <p>Form:</p> <ul style="list-style-type: none"> Capsules, powders, or effervescent tablets. Powders dissolve quickly in liquids. <p>Bioavailability:</p> <ul style="list-style-type: none"> Moderate; works best in divided doses to maintain stable levels in the body. <p>Interactions & Contraindications:</p> <ul style="list-style-type: none"> May interact with nitroglycerin and certain chemotherapy drugs. Avoid if you have a history of peptic ulcers or are pregnant without medical advice. 	<p>Target Audience:</p> <ul style="list-style-type: none"> Individuals needing respiratory support, detox aid, or antioxidant supplementation. <p>Side Effects:</p> <ul style="list-style-type: none"> Mild side effects like nausea, diarrhea, or headache in sensitive individuals. <p>Duration of Use:</p> <ul style="list-style-type: none"> Suitable for long-term use or as needed during acute conditions (e.g., respiratory infections). <p>Cost and Accessibility:</p> <ul style="list-style-type: none"> \$15-\$30 per bottle (60 capsules) available at pharmacies and online. <p>Flavor or Texture:</p> <ul style="list-style-type: none"> Powders may have a slightly sulfuric taste; capsules are tasteless.
<p>Scientific Evidence:</p> <ul style="list-style-type: none"> Well-documented for its role in glutathione synthesis, liver protection, and reducing inflammation in respiratory conditions. <p>Sustainability and Ethics:</p> <ul style="list-style-type: none"> Sourced synthetically; check for reputable manufacturers with high-quality standards. <p>Recent Research and Trends:</p> <ul style="list-style-type: none"> Increasing use in mental health protocols for conditions like OCD and bipolar disorder due to its impact on glutamate regulation. 		

Disclaimer: Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).