



*Support for immune system function, respiratory health, detoxification and cardiac function*

## PATIENT BENEFITS

- Enhances glutathione production
- Provides mucolytic and antioxidant action
- Promotes homocysteine metabolism
- Supports healthy lung tissue
- Promotes respiratory and immune health
- Supports heavy metal detoxification

**Patient One NAC** supplies 600 mg per capsule of the amino acid N-Acetyl-L-Cysteine, which is known for diverse clinical uses.

Specific components of the immune system rely on NAC to function properly. NAC supports respiratory and immune health by promoting normal mucus viscosity. When mucus thickens, it can become hard to expel. Because of its sulfur content, NAC is able to disrupt disulfide bonds, thinning the mucus so that mucus, together with any trapped bacteria and particles, are more easily expelled from the lungs. It also helps with the rebuilding of lung tissue.

NAC plays a key role in phase II detoxification. It is a precursor of the intracellular antioxidant glutathione. Due to its function of enhancing glutathione production and utilization, NAC is recognized as an effective means of increasing circulating levels of glutathione in the body. NAC supports heavy metal detoxification. Several animal studies found that NAC administration may help to reduce mercury and cadmium accumulation in the kidneys and liver and/or to moderate the effects of these metals in these tissues.

A source of the amino acid L-cysteine, NAC offers further support for overall cardiovascular wellness. Breaking disulfide bonds as described above may also be the same mechanism by which NAC lowers homocysteine and improves endothelial function. NAC is believed to block homocysteine formation at plasma protein binding sites while encouraging

efficient elimination of homocysteine via urinary excretion.

## Supplement Facts

**Serving Size:** 1 Capsule  
**Servings Per Container:** 90

Amount Per Serving	% Daily Value
N-Acetyl-L-Cysteine	600 mg †

† Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), rice flour, L-leucine

**Free of:** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast and gluten. This product is free of ingredients derived from genetically modified organisms (GMOs).

**Suggested Use:** Take 1 capsule 1 to 3 times daily as a dietary supplement, between meals, or as directed by a qualified healthcare professional.

This product is a sulfur-containing compound and may emit a sulfur odor.

**Caution:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur.

GLUTEN FREE

Vegetable Caps



The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.