



# NAC-600

## N-Acetyl-Cysteine

NutriDyn's NAC-600 is a product that contains pharmaceutical grade N-acetyl-cysteine (NAC) for supporting glutathione synthesis in the body, a key tripeptide that has important antioxidant roles in humans.♦ NAC is an acetylated version of the amino acid L-cysteine, which is the limiting factor to glutathione production since it is rarely found in foods.

Since glutathione is one of the body's major endogenous antioxidants and also involved in many metabolic reactions, low levels of this peptide are associated with high levels of oxidative stress and impairments in nearly every system in the body.<sup>1,2</sup> Therefore, it is suggested that supplementation with NAC, which acts to maintain proper concentrations of glutathione in the body, can help support many factors of health and well-being.\*<sup>3</sup>

Read on to learn more about how NAC-600 works in the body, as well as how to use it, and what makes NutriDyn products superior to the competition.

### How NAC-600 Works

Much of the L-cysteine ingested through diet and supplementation is suggested to be lost to first-pass metabolism.<sup>4</sup> This is where NAC comes into play, as its structural difference makes it more resistant to metabolism. Thus more L-cysteine can be distributed to the body (resulting in increased glutathione production).<sup>5</sup>

Moreover, NAC supplementation increases glutathione concentrations in the body more than supplementing with glutathione alone since glutathione is rapidly broken down by the intestines.<sup>6</sup> As alluded to earlier, glutathione serves as a crucial antioxidant throughout the body by neutralizing free radicals and reactive oxygen species. It has also been shown that glutathione plays a role in regulating the nitric oxide cycle, which is critical for proper blood flow and vascular function.\*<sup>7</sup>

Lastly, glutathione is involved in a multitude of metabolic reactions affecting every system in the body, especially the nervous system, immune system, and gastrointestinal system.<sup>8,9,10</sup> Thus, NAC-600 acts to support nominal glutathione concentrations in the body and many critical cellular functions.\*<sup>3</sup>

### NAC-600 Supplementation

Given the importance of sufficient glutathione levels in the body for supporting overall health and longevity, supplementation with NAC-600 can benefit users in a variety of ways.♦ The most relevant research-backed benefits derived from supplementation with NAC-600 include:

- Supports metabolic reactions in body systems, especially the immune, nervous, respiratory, and gastrointestinal systems♦
- Acts as an antioxidant in the body to regulate oxidative stress♦
- Supports nitric oxide production and vascular function♦



Form: 60/180 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
N-Acetyl-Cysteine	600 mg	*

#### Other Ingredients:

Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

#### Directions:

Take one capsule daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

♦ 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.

## References:

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