

N-Acetyl Cysteine (NAC)

In: Liver Biome+ · 2,000+ studies

Summary

Direct precursor to glutathione — the body's master antioxidant. The clinical standard for liver protection and Phase II detox.

Lead Researcher

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Selected Peer-Reviewed Citations

[1] N-Acetylcysteine: a rapidly emerging therapeutic. *Current Opinion in Pharmacology*, 2007.
<https://pubmed.ncbi.nlm.nih.gov/17602868/>

[2] NAC for non-alcoholic fatty liver disease. *Hepatology Research*, 2010.
<https://pubmed.ncbi.nlm.nih.gov/20887596/>

[3] Glutathione and NAC in clinical practice. *Antioxidants*, 2021.
<https://pubmed.ncbi.nlm.nih.gov/34439501/>

[4] NAC in acetaminophen toxicity. *NEJM*, 1988.
<https://pubmed.ncbi.nlm.nih.gov/3185650/>

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