

NAC 600mg

(N-Acetyl Cysteine)

Presentation

A white powder in a clear hard white shell capsule.

Each capsule delivers:

N-Acetyl Cysteine (NAC) 600mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Bulking Agent (Rice Flour), Anti-Caking Agent (Magnesium Stearate), Silicon Dioxide.

Disintegration time: Less than 30 minutes

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8308



Uses

Lamberts® N-Acetyl Cysteine (NAC) is a one-a-day formula that provides a full 600mg of NAC. Made in the UK and produced in premises that operate to stringent pharmaceutical standards of GMP, it is suitable for vegetarians and vegans.

NAC is an altered form of the amino acid L-Cysteine and is one of the few amino acids to contain sulphur. As a consequence, NAC has a strong sulphur-like odour, which is completely normal.

NAC increases the amount of a substance called glutathione in the body and is widely recommended by practitioners.

- A full 600mg of NAC
- Increases the amount of glutathione in the body
- Widely recommended by practitioners.

Usage and administration

1 capsule daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

