

N-acetylcysteine(NAC)

## Description

N-acetylcysteine (NAC)

NAC is an amino acid that replenishes intracellular glutathione, which is lower as we age.

NAC also appears to help prevent & treat COPD, idiopathic pulmonary fibrosis (IPF), cystic fibrosis (CF), emphysema, bronchitis, lower respiratory infections like the flu by stopping the virus & the inflammation, etc, especially as an inhalant.

NAC appears to help against stomach ulcers, kidney & liver damage & failure, acetaminophen (Tylenol) overdose, endometriosis including fertility complications, & acetaminophen toxicity.

NAC appears to improve workout recovery & insulin sensitivity.

NAC appears to prevent & treat cancer at multiple stages in multiple ways.

NAC appears to help neuropathy & progressive myoclonic epilepsy.

NAC is an amino acid that appears to help schizophrenia, autism, Alzheimer's, Parkinson's, alcohol/cocaine/cannabis/nicotine relapse & cravings, gambling, bipolar disorder, depression, trichotillomania, nail biting, skin picking, obsessive-compulsive disorder.

Studies on COPD used 2.8 grams per day safely & effectively in two or three divided doses.

Biol Psychiatry. 2008 Sep 1;64(5):361-8. doi:  
10.1016/j.biopsych.2008.03.004. Epub 2008 Apr 23.

N-acetyl cysteine as a glutathione precursor for schizophrenia—a double-blind, randomized, placebo-controlled trial.

Berk M, Copolov D, Dean O, Lu K, Jeavons S, Schapkaitz I, Anderson-Hunt M, Judd F, Katz F, Katz P, Ording-Jespersen S, Little J, Conus P, Cuenod M, Do KQ, Bush AI

J Psychiatry Neurosci. 2011 Mar; 36(2): 78–86.

doi: 10.1503/jpn.100057

PMCID: PMC3044191

N-acetylcysteine in psychiatry: current therapeutic evidence and potential mechanisms of action

Olivia Dean et al.

Neuroscience & Biobehavioral Reviews

Volume 55, August 2015, Pages 294–321

Clinical trials of N-acetylcysteine in psychiatry and neurology: A systematic review

Deepmala et al.

doi:10.1016/j.neubiorev.2015.04.015

Innov Clin Neurosci. 2011 Jan; 8(1): 10–14.

PMCID: PMC3036554

Getting a Knack for NAC

N-Acetyl-Cysteine

Randy A. Sansone and Lori A. Sansone

Depression-

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flu nac

lifeextension.com/magazine/2010/5/N-Acetyl-Cysteine/Page-01

addiction, compulsive and grooming disorders, schizophrenia and bipolar disorder

J Psychiatry Neurosci. 2011 Mar; 36(2): 78–86.

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PMCID: PMC3044191

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schizophrenia, bipolar disorder) as well as psychiatric syndromes characterized by impulsive/compulsive symptoms (e.g., trichotillomania, pathological nail biting, gambling, substance misuse

Innov Clin Neurosci. 2011 Jan; 8(1): 10–14.

PMCID: PMC3036554

Getting a Knack for NAC

## N-Acetyl-Cysteine

Randy A. Sansone and Lori A. Sansone

NAC appears to reduce contrast-induced acute kidney injury (CI-AKI).

Meta-analytic Techniques to Assess the Association Between N-acetylcysteine and Acute Kidney Injury After Contrast Administration: A Systematic Review and Meta-analysis

[pubmed.ncbi.nlm.nih.gov/35788669](https://pubmed.ncbi.nlm.nih.gov/35788669)

## Drug addiction

NAC appears to reduce relapse from drug addiction

[alienherbalist.com/cocainen](https://alienherbalist.com/cocainen)

N-acetylcysteine (NAC) & alcohol addiction

NAC appears to reduce alcohol addiction relapse & overall alcohol intake by 30%, up to 60% when paired with aspirin.

N-acetylcysteine improves impulse control and attenuates relapse-like alcohol intake in long-term drinking rats

Ida Fredriksson, Nitya Jayaram-Lindström, Peter W. Kalivas, Philippe A. Melas, Pia Steensland,

Behavioural Brain Research, Volume 436, 2023, 114089, ISSN 0166-4328, <https://doi.org/10.1016/j.bbr.2022.114089>.

(<https://www.sciencedirect.com/science/article/pii/S0166432822003576>)

**Squeglia LM, Tomko RL, Baker NL, McClure EA, Book GA, Gray KM. The effect of N-acetylcysteine on alcohol use during a cannabis cessation trial. Drug Alcohol Depend. 2018 Apr 1;185:17-22. doi: 10.1016/j.drugalcdep.2017.12.005. Epub 2018 Feb 1. PMID: 29413434; PMCID: PMC5889716.**

**N-Acetylcysteine and Acetylsalicylic Acid Inhibit Alcohol Consumption by Different Mechanisms: Combined Protection**

Front. Behav. Neurosci., 31 July 2020 Sec. Motivation and Reward V14-2020 [doi.org/10.3389/fnbeh.2020.00122](https://doi.org/10.3389/fnbeh.2020.00122)

[liverdoctor.com/n-acetyl-cysteine-nac-may-offer-help-for-addictions/](http://liverdoctor.com/n-acetyl-cysteine-nac-may-offer-help-for-addictions/)

## N-acetylcysteine (NAC) & endometriosis

In one study of 97 women who had given up on hormonal treatment & were about to have surgery, 47 got 600mg of NAC 3X per day for 90 days. 24 cancelled the surgery (more than half), 8 had all their cysts disappear, 14 saw a drop in cysts, 21 had pain reductions, and one woman got pregnant during the trial, and another 8 soon after. NAC has far fewer & milder side effects than hormonal treatment or surgery.

## Evidence-Based Complementary and Alternative Medicine

Volume 2013 (2013), Article ID 240702, 7 pages

<http://dx.doi.org/10.1155/2013/240702>

## A Promise in the Treatment of Endometriosis: An Observational Cohort Study on Ovarian Endometrioma Reduction by N-Acetylcysteine

Maria Grazia Porpora et al.

**Category**

1. Uncategorized

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