



What is N-acetyl Cysteine? in Hepatika VIP

N-acetyl cysteine comes from the amino acid L-cysteine. Amino acids are the building blocks of proteins. N-acetyl cysteine has many uses as medicine. People take N-acetyl cysteine by mouth to counteract acetaminophen (Tylenol) and carbon monoxide poisoning, influenza symptoms. It is also used for reducing levels of a type of blood fat called lipoprotein (a), homocysteine levels (a possible risk factor for heart disease), and the risk of heart attack and stroke. N-acetyl cysteine is also taken by mouth for hepatitis, kidney disease, hearing loss, ulcerative colitis, polycystic ovary syndrome (PCOS), lupus, certain conditions that occur after menopause, muscle damage due to exercise, recovery after surgery, altitude sickness, infection due to *Helicobacter pylori* bacteria.

Some people use N-acetyl cysteine orally for long-term bronchitis, chronic obstructive pulmonary disease (COPD), cystic fibrosis, hay fever, human immunodeficiency virus (HIV), a lung condition called fibrosing alveolitis, autism, head and neck cancer, colorectal cancer, and lung cancer. It is also used for treating some forms of epilepsy, ear infections, complications of kidney dialysis, chronic fatigue syndrome (CFS), an autoimmune disorder called Sjogren's syndrome. It may be used for preventing sports injury complications and liver damage due to alcohol use. Some people use N-acetyl cysteine to improve immunity to flu and H1N1 (swine) flu. It is also used for detoxifying heavy metals such as mercury, lead, and cadmium.

N-acetyl cysteine is also taken by mouth for protecting against environmental pollutants including carbon monoxide, chloroform, urethanes and certain herbicides;

reducing toxicity of drugs; treating hangover symptoms and improve exercise performance

High levels of homocysteine. Taking N-acetyl cysteine by mouth seems to reduce homocysteine levels, a possible risk factor for heart disease.

- High cholesterol. Taking N-acetyl cysteine by mouth seems to reduce levels of a blood fat called lipoprotein(a) in people with high levels of this blood fat.
- Taking N-acetyl cysteine by mouth seems to reduce flu symptoms.

Are there safety concerns?

N-acetyl cysteine is **LIKELY SAFE** for most adults,