

**Ok...the bills are washed,
the laundry is paid,
clothes are in
the oven and
the last load
of dinner is
in the dryer.
It looks like
I got my to-do
list finished!**



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11w



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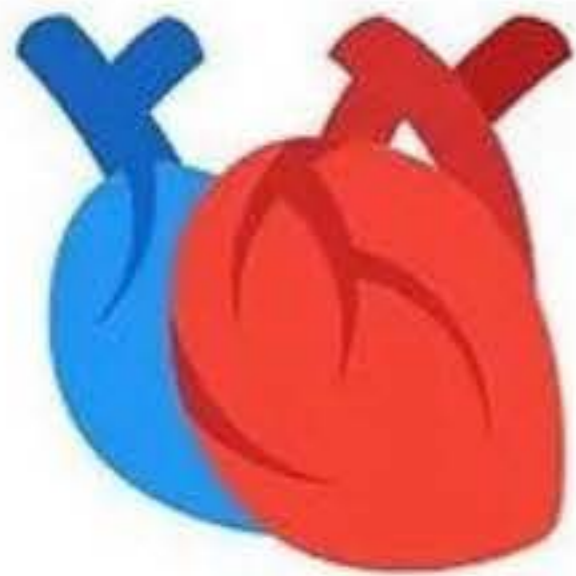
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Benefits of NAC

N-Acetyl Cysteine

nutritionwithjudy



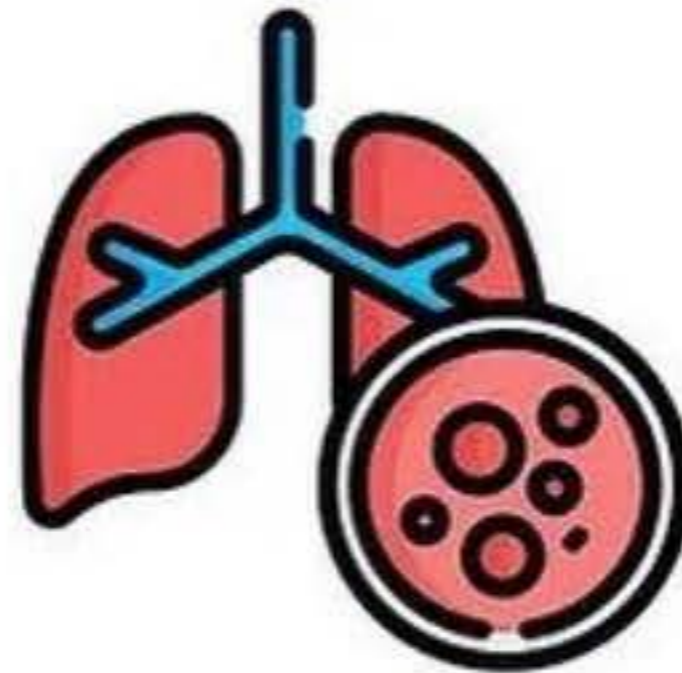
Heart Health

May Reduce CVD By Reducing Oxidative Damage to Heart Tissue



Detox Support

Precursor to Glutathione Can Prevent Kidney & Liver Damage Tylenol Detox



Lung Health

May Support Respiratory Conditions as an Antioxidant and Expectorant



Boosts Brain Health

May Improve Psychiatric Disorders May Improve Addictive Behavior May Support Memory



Stable Blood Sugar

By Decreasing Inflammation in Fat Cells



Immune Function

Boosting Glutathione Levels may Improve Immune Function

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Vitamin
B₁
thiamin

Cc1nc(N)c2c(c1)nc(CS2)CCO

Daily dose of Vitamin



Age		Age	
0,2 mg	0-6 months	0,2 mg	0-6 months
0,3 mg	7-12 months	0,3 mg	7-12 months
0,5 mg	1-3 years	0,5 mg	1-3 years
0,6 mg	4-8 years	0,6 mg	4-8 years
0,9 mg	9-13 years	0,9 mg	9-13 years
1,2 mg	14-18 years	1 mg	14-18 years
1,2 mg	19+ years	1,1 mg	19+ years



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10

TURMERIC CURCUMIN BENEFITS



Turmeric root powder contains 3-6% curcumin

- ✓ Turmeric is the main spice in curry, a well-known Indian dish.
- ✓ Turmeric contains several chemical compounds which we refer to as **curcuminoids**.
- ✓ The active curcuminoid in turmeric responsible for its therapeutic properties is **curcumin**.

WEIGHT LOSS & OBESITY

Studies suggest curcumin may suppress fat cell growth by restricting blood vessel expansion in fat tissue.

ARTHRITIS & JOINT PAIN

Curcumin can modify immune system responses to help reduce pain, inflammation, and stiffness related to osteoarthritis (OA) and rheumatoid arthritis (RA).



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