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N-Acetyl-L-Cysteine (NAC)

N-acetyl-L-cysteine supports comprehensive health in a variety of ways, including promoting normal liver function. NAC is a powerful antioxidant that protects cells from oxidative stress.

N-acetyl cysteine (NAC) comes from the amino acid L-cysteine. Amino acids are building blocks of proteins. NAC has many uses and is an FDA approved drug.

N-acetylcysteine (NAC) is both a medication and a dietary supplement. As a medication, NAC is an effective antidote for acetaminophen overdose, which can be life threatening. It's commonly used to break up mucus in the lungs for those suffering from respiratory conditions. NAC is taken as a dietary supplement to support the immune system, as it is a precursor to glutathione and regulates the neurotransmitter dopamine while reducing oxidative damage to tissues across the body.

facts from lifeextension.com, seekinghealth.com, DrBerg.com



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THIAMINE

Thiamine, also known as thiamin and vitamin B₁, is a vitamin, an essential micronutrient, which cannot be made in the body.

What does thiamine do to your body?

Thiamine helps to turn food into energy to keep the nervous system healthy. Your body is not able to make thiamine for itself.

What is the main cause of thiamine deficiency?

Diets consisting mainly of white flour, white sugar, and other highly refined carbohydrates can cause thiamin deficiency. At first, people experience vague symptoms such as fatigue and irritability, but a severe deficiency (beriberi) can affect the nerves, muscles, heart, and brain.

Can thiamine affect sleep?

Thiamine supplementation also tended to reduce daytime sleepiness, improve sleep patterns, and increase activity.

Is thiamine good for weight loss?

Thiamine (B-1), for example, helps the body cells convert carbohydrates into energy. In other words, low levels of one or more of these vitamins means your metabolism won't be functioning correctly. This makes losing weight even harder.

*facts from sciencedaily.com, mayoclinic.com, hsp.harvard.edu



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What is Curcumin?

Curcumin is a bright yellow chemical produced by plants of the Curcuma long species. It is the principal curcuminoid of turmeric (Curcuma longa), a member of the ginger family, Zingiberaceae. It is sold as a herbal supplement, cosmetics ingredient, food flavoring, and food coloring.

What is Curcumin good for?

Research suggests that curcumin can help in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus enhancing recovery and subsequent performance in active people. Curcumin is good for your brain, heart, and immune



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