



Code: 9525 **NPN:** 80120670

Size: 90 Capsules

Actual Size: 25 mm



NAC & ALA

500 mg & 200 mg per day

- Provides clinically relevant doses of N-acetyl-L-cysteine (NAC) and alpha-lipoic acid (ALA)
- NAC and ALA have direct antioxidant action and enhance the synthesis and regeneration of glutathione, the key cellular antioxidant
- Supports mitochondrial function as well as phase II antioxidant enzyme upregulation
- Targets central mediators of inflammation
- Improves endothelial function and supports nitric oxide synthesis
- Reduces hyperglycemia-associated damage
- Suitable for vegetarians

PRODUCT SUMMARY

NAC and ALA are highly complementary nutrients, critical to cellular function and mitigation of hyperglycemia-associated damage. NAC drives the synthesis of glutathione, often depleted in cardiovascular diseases and metabolic and oxidative stress conditions. NAC also has direct antioxidant activity, restores pools of intracellular thiols, and has an anti-inflammatory effect, mediated via inhibition of nuclear factor kappa B (NF-κB). Glutathione is needed for the detoxification of many persistent organic pollutants, compounds known to impair mitochondrial function, adipose tissue metabolism, and pancreatic islet cell function. In addition to glutathione support, NAC enhances antioxidant protection through multiple pathways, including upregulation of nuclear factor (erythroid-derived 2)-like 2 (Nrf2) and phosphoinositide 3-kinase/protein kinase B (PI3K/AKT) activation, suggesting a significant potential to mitigate pathology due to oxidative stress. Clinical trials have shown that NAC restores intraplatelet glutathione levels in certain populations – a marker of atherothrombotic risk – reduces homocysteine, and improves endothelial function in coronary artery disease (at doses of 600–1800 mg/day).

ALA, in turn, recycles antioxidant nutrients such as vitamin C and glutathione, and is a cofactor for several mitochondrial enzymes as well as glutathione reductase. It supports glycemic control and insulin sensitivity in individuals with inadequate glucose control, endothelial function among people with impaired glucose tolerance, and weight control among obese subjects. It has a well-recognized benefit for mitigating the neuronal oxidative damage resulting from hyperglycemia. Clinical trial data has shown improvement in multiple markers of oxidative stress and vascular inflammation in a variety of populations. Its antioxidant and neuroprotective effects may also provide protection against neurodegeneration and a range of oxidant-associated diseases.



NAC & ALA
500 MG & 200 MG PER DAY

Serving Size: 1 Capsule
Servings Per Container: 90

Each Capsule Contains:

N-Acetyl-L-Cysteine..... 250 mg
R-Alpha-Lipoic Acid..... 100 mg

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), dibasic calcium phosphate dihydrate, vegetable grade magnesium stearate (lubricant), silica, stearic acid.

Recommended Adult Dose: 1 capsule 2 times per day with a meal or as directed by a health care practitioner.

Recommended Use: Source of antioxidants.

Caution: Consult a health care practitioner prior to use if you are pregnant, breastfeeding, or if you have kidney stones or diabetes. Stop use and consult a health care practitioner if you experience sweating, paleness, chills, headache, dizziness, and/or confusion (as these may be symptoms of serious low blood sugar). Do not use this product if you are taking antibiotics or nitroglycerin. Keep out of reach of children.

Contraindications: Avoid use with acetylcysteine allergy and use with caution in individuals with asthma.

Drug Interactions: ALA was shown to prevent drug-induced weight gain associated with atypical antipsychotics without reducing drug efficacy. Caution should be used with anti-diabetes medications, as they may have additive hypoglycemic effects. Long-term use may warrant low dose copper and/or thiamine supplementation. Although NAC may reduce nitroglycerin tolerance and improve its efficacy for unstable angina, severe headaches and hypotension may occur. NAC may also reduce the capacity of activated charcoal to absorb acetaminophen. NAC is shown to prevent the drop in GSH following acetaminophen use, without interfering with antinociceptive effects.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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