

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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NAC

When Vitamin B is Not Enough

Like cholesterol, it is “normal” to have some homocysteine in your blood, but lower is better.

The B vitamins are the first line of defense in lowering homocysteine and protecting your body from this natural toxin.

N-acetyl-cysteine (NAC) can also be used as a supplement to further support healthy serum homocysteine when B vitamins supplements are not enough.

Additionally, NAC targets patients wanting healthy liver levels of glutathione, one of the body’s most important detoxifying enzymes.

NAC is also used in conventional medicine to break down large amounts of mucus, a common symptom of conditions such as emphysema, bronchitis, pneumonia, and chronic obstructive pulmonary disease.

Usual Dosage: Take 1-2 capsules twice daily on an empty stomach.