



OPTIMIZE ME NAC

GLUTATHIONE PRECURSOR



Benefits*

- Healthy liver function
- Optimal detoxification
- Antioxidant maintenance
- Healthy lungs
- Post-workout muscle recovery
- Metabolic and reproductive health
- Brain and nervous system function
- Healthy inflammatory response

Highlights

- **Liver Health** - Manufactured by the liver, glutathione is a key compound used to help protect the body from normal exposure to harmful substances, such as chemicals, pollutants and heavy metals. NAC has also been shown to protect the liver from excessive alcohol use and acetaminophen poisoning, as well as against the accumulation of free radicals.* When glutathione levels are low, the liver is vulnerable to damage from these toxins. Therefore, NAC assists the body in maintaining proper levels of glutathione in order to help the natural detoxification process.*
- **Lung Health** - NAC works to break up sulfide bonds that are responsible for thickening mucus. By supporting healthy mucus viscosity, NAC helps maintain normal breathing patterns and supports healthy lung function.*
- **Muscle Recovery** - After a strenuous workout, damaging free radicals abound as a natural result of vigorous muscle contractions. While the master antioxidant, glutathione, diligently works to scavenge the excess free radicals, NAC quickly rebuilds the body's glutathione supply. Therefore, NAC can support efficient muscle recovery after workouts and periods of muscle exertion.*



Recommended Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

Consult with your health care practitioner about your specific circumstances and any questions you may have about this product. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.