

THE COACH'S PLAN

The NAC Reality Check

For anyone holding a bottle of NAC who wants to know whether they have an actual reason to take it.

500 mg

Per capsule

One ingredient, one stated dose

4 weeks

Fair trial length

Then decide out loud, and stop if nothing moved

1-800-222-1222

Poison Control

Overdose is an emergency, never a self-treatment

NAC is a medicine that ended up on a supplement shelf. The FDA holds that it is excluded from the legal definition of a dietary supplement because it was approved as a drug first, and it is sold under enforcement discretion. Treat it accordingly: name the job, dose it deliberately, and be willing to stop.

What the evidence actually says

- 1 FDA: NAC is excluded from the dietary supplement definition; enforcement discretion finalised August 2022.
- 2 NIH StatPearls: NAC supplies cysteine, the limiting raw material for glutathione synthesis.
- 3 NIH StatPearls: acetylcysteine is the standard antidote in acetaminophen poisoning, by restoring hepatic glutathione.
- 4 Mayo Clinic: acetylcysteine is a mucolytic that thins mucus in defined lung conditions.
- 5 NCCIH: antioxidant supplements have not been shown to reduce the risk of major chronic disease.

Your 3-step plan

1 Step 1: Name the job before you buy the bottle.

Thick mucus you are trying to clear, or a specific reason a clinician raised. General wellness is not a job. If you cannot finish the sentence I am taking this because, put it back.

2 Step 2: Take it as a stated dose, not a vague habit.

One 500 mg capsule with food, once or twice daily. Write the start date on the lid. A dose you cannot recall is a dose you cannot evaluate.

3 Step 3: Give it four weeks, then decide out loud.

If the thing you named has not changed by week four, stop. Say it plainly. A supplement you keep buying out of habit is a subscription, not a decision.

The safety line

Common complaints are nausea, stomach upset and a sulphur smell. Raise nitroglycerin, blood thinners and asthma with your clinician before starting. Never self-treat a suspected acetaminophen overdose; that is an emergency, and in the United States the number is Poison Control at 1-800-222-1222. Supplements are not reviewed by the FDA for effectiveness before

Read the full article: <https://www.agelesscoach.com/articles/nac-was-a-drug-before-it-was-a-supplement>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.