

Any of the reasons below indicate that you could benefit from the addition of NAC to your supplement regimen:

1. You take Tylenol or any prescription pain relievers that contain Tylenol

2. You took Fluoroquinolones within the past 12 hours and are suffering from toxic effects
3. You rarely get any of the above-mentioned sulfur-containing foods
4. You have noticeable inflammation or a high CRP level on your blood tests, indicating inflammation
5. You have liver problems, fatty liver, or you've been told that your liver enzymes are elevated
6. You feel as though you are overly toxic or have had toxic exposures in the past from working with things like hair chemicals, pesticides or other constant or high chemical exposures
7. You have diabetes or insulin resistance

## Dosage of N-Acetylcysteine

The recommended dosage of NAC is approximately 600 to 2000 mg per day in at least two divided doses, take with meals. You can also find the form of L-Cysteine, which is an acceptable substitute. Dosing for L-Cysteine is in the same range as NAC.