

N-Acetylcysteine

N-Acetylcysteine (NAC) is an antioxidant that improves:

- Depression
- Trichotillomania (hair pulling)
- Self-injury
- Addictions
- Autism
- Posttraumatic Stress Disorder
- Cognition and functioning in schizophrenia

It is particularly helpful in chronic, low-grade depression. Its benefits build up gradually and may take up to six months.

NAC also prevents aging of the skin, cancer, and improves the health of the lungs, liver, and kidneys.

N-Acetylcysteine is well tolerated and not associated with major medical risks. The tablets may have an egg-like smell.

How to take it

The usual dose for NAC is 2,000 mg daily. You can split the dose up or take it all at once. If you can only find 600 mg tablets, try 3-4 per day (e.g. take 3 one day and four the next day). The dose can go as high as 3,000 mg daily (that level was used for nicotine cessation).

Avoid products that come as a liquid vial (these are meant to be inhaled and are used for lung disease).



Where to purchase it

Best Choice: NOW makes a 1,000mg size pill that passed tests for purity and safety by *Clinical Labs*.

Quick links to recommended products
www.chrisaikenmd.com/supplements

Other brands that passed this test include: Doctor's Best, Life Extension, Nutricost.

It is available in the store at VitaminShoppe, Whole Foods, GNC

Other online options include:

www.iherb.com www.vitacost.com
www.drugstore.com www.amazon.com

Find links to the best priced options at:
www.chrisaikenmd.com/supplements

—Chris Aiken, MD, updated 6/28/2025