
Subject: NAC and zinc & copper excretion

Posted by [Der_mit_dem_Haar_tanzt](#) on Sat, 18 Feb 2006 01:03:15 GMT

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http://www.wholehealthmd.com/refshelf/substances_view/0,1525,809,00.html

-Regular supplementation with NAC will increase the urinary excretion of copper, a mineral. So if you're using NAC for an extended period of time, it's probably wise to add both copper (2 mg a day) and zinc (30 mg a day) to your treatment regimen.

und genügend Wasser + vitamin C oder Vitamin C quelle
mit NAC nicht vergessen;