
Subject: NAC - gähnen - aber gut zu wissen. die quelle als schöne übersicht
Posted by [kkoo](#) on Sat, 03 Jun 2006 13:10:48 GMT

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Zitat von <http://members.aol.com/marykateroget/>

(schöne übersicht dort. pcos hat ja vieles mit aga gemein..., zu beachten auch die regimene-tips am ende... tino wird sich freuen...)

"NAC: (N-Acetyl-Cysteine)
1800mg (take with zinc, and possibly molybdenum)
Star rating: ****

NAC is the acetylated form of the amino acid L-Cysteine. It has a study showing benefit in PCOS at 1800mg. NAC has many other studies showing benefit in diabetes. It can improve insulin sensitivity. It lowers TNF-alpha, suppresses MMP-2 and MMP-9 and inhibits VEGF. It increases Glutathione. It is a potent antioxidant. It can reduce homocysteine. It is a good idea to take amino acids on an empty stomach so they will not compete for absorption with other protein.

As of this date, there are no adequate studies of NAC administration in pregnancy.

There are at least three human studies that used 1800mg NAC which showed positive results. The first study listed below found that doses below 1200mg were beneficial, but in healthy people, 1200mg acted as a pro-oxidant and may lower glutathione. However, other studies at these doses and higher, including ones that post-date that study, found the opposite effect. Furthermore, PCOS is associated with an increased oxidative state, and if NAC can improve the parameters in PCOS, then it seems likely it would lower that oxidative stress caused by PCOS.

NAC may increase urinary zinc excretion. A molybdenum deficiency (which is very rare) can cause an accumulation of sulfite from the catabolism of L-cysteine. So, it may be a good idea to supplement zinc and molybdenum with NAC, just to insure you aren't deficient.

References: Effects of oral N-acetylcysteine on cell content and macrophage function in bronchoalveolar lavage from healthy smokers. Eur Respir J. 1988 Jul;1(7):645-50.
N-acetyl-cysteine treatment improves insulin sensitivity in women with polycystic ovary syndrome. Fertil Steril. 2002 Jun;77(6):1128-35.

Quote:"Insulin [area under curve] after [oral glucose tolerance test] was significantly reduced, and the peripheral insulin sensitivity increased after NAC administration, whereas the hepatic insulin extraction was unaffected. The NAC treatment induced a significant fall in T levels and in free androgen index values. In analyzing patients according to their insulinemic response to [oral glucose tolerance test], normoinsulinemic subjects and placebo-treated patients did not show any modification of the above parameters, whereas a significant improvement was observed in hyperinsulinemic subjects. CONCLUSION(S): NAC may be a new treatment for the improvement of insulin circulating levels and insulin sensitivity in hyperinsulinemic patients with polycystic ovary syndrome."
