
Subject: NAC prooxidativ
Posted by [pietrasch](#) on Tue, 13 Jun 2006 14:42:16 GMT
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ich glaube, das wurde vor einigen monaten mal im forschungsforum ausgetauscht ;gabs nicht irgendwelche bedingungen/dosierungen, etc. unter denen NAC auch prooxidativ wirkt. nehme zZ 1000mg/day.

greetz, p

Subject: Re: NAC prooxidativ
Posted by [glockenspiel](#) on Tue, 13 Jun 2006 14:50:58 GMT
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"nur" 1000mg NAC ist wohl nicht sehr intelligent:

<http://www.alopezie.de/fud/index.php/m/12223/4544fb6d1b929d70feb4195cfbb0093/>

aber vielleicht machst du das eh schon...

ob es prooxidativ wirkt, kann sein, es gibt zumindest eine studie darüber, aber es gibt auch genügend, die das nicht belegen

Subject: Re: NAC prooxidativ
Posted by [pietrasch](#) on Tue, 13 Jun 2006 16:23:59 GMT
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ja danke, erstmal, das zink und kupfer sich vom acker machen, war bekannt. hm, hatte eigentlich was mit selen dazu im kopf, kann aber auch sein, dass ich mich täusche.

Subject: Re: NAC prooxidativ
Posted by [glockenspiel](#) on Tue, 13 Jun 2006 16:30:57 GMT
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http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&l;db=pubmed&dopt=Abstract&list_uids=1493846&query_hl=3

: Eur J Clin Pharmacol. 1992;43(6):639-42. Related Articles, Links

Failure of N-acetylcysteine to reduce low-density lipoprotein oxidizability in healthy subjects.

Kleinveld HA, Demacker PN, Stalenhoef AF.

Department of General Internal Medicine, University Hospital, Nijmegen, The Netherlands.

We have studied the effects of N-acetylcysteine, which is thought to have antioxidant properties, on the susceptibility of low-density lipoprotein to oxidation and on whole-blood glutathione concentrations in six healthy volunteers. N-acetylcysteine was given orally in a dosage of at 1.2 g per day for 4 weeks, followed by 2.4 g per day for a further two weeks. The susceptibility of low-density lipoprotein to in vitro Cu(2+)-oxidation was determined by continuously measuring the formation of conjugated dienes. Whole-blood concentrations of reduced and oxidized glutathione were also determined. N-acetylcysteine had no effect on the susceptibility of LDL to oxidation. Concentrations of vitamin E in the serum and in low-density lipoprotein were not changed. Compared with controls the concentration of glutathione in N-acetylcysteine treated subjects was reduced (-48%) and the concentration of oxidized glutathione was higher (+80%). The GSH/GSSG-ratio, a marker of oxidative stress was 83% lower. The results do not support the supposed antioxidative action of N-acetylcysteine. It seems more likely that N-acetylcysteine acts as a pro-oxidant in the dosage used.

PMID: 1493846 [PubMed - indexed for MEDLINE]

Subject: Re: NAC prooxidativ
Posted by [pietrasch](#) on Tue, 13 Jun 2006 16:51:04 GMT
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allerdings ist die veröffentlichung schon 14 jahre alt , soll aber nicht heißen, dass sie nicht mehr aktuell sein kann.
trotzdem vielen dank fürs rauskramen
