

NAC (N-Acetyl Cysteine)

NAC may be useful for insulin resistance, reducing homocysteine levels, and improving fertility of Clomid-resistant women.

A recent study evaluated the effect of NAC on insulin secretion and insulin resistance in 6 lean and 31 obese women with PCOS. They took 1.8 grams of NAC daily for 5-6 weeks. A dose of 3 grams per day was given to the massively obese. Six of the 31 obese patients were treated with placebo. Those treated with NAC had a reduction of their insulin resistance and a significant fall in testosterone levels.

A recent study showed that people taking NAC for two months had a significant decrease in undesirable homocysteine levels. Higher doses were more effective than lower doses. Women with PCOS who take metformin tend to have elevated homocysteine levels.

A study of 150 Clomid-resistant women with PCOS has shown that NAC appears to make Clomid more effective. One group took Clomid and NAC while another group took Clomid and a placebo. In the NAC group, 49.3% ovulated and 1.3% became pregnant. In contrast, in the placebo group, only 21.% ovulated and there were no pregnancies.

NAC (N-acetyl cysteine) is an antioxidant and is necessary for the body's production of glutathione, a crucial antioxidant. NAC is commonly used in a variety of conditions, including detoxification, respiratory problems, heart disease, gallstones, and excess mucus production.*