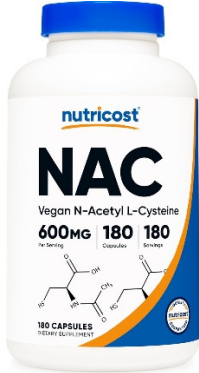


# NAC Canine n-Acetyl-Cysteine NAC For Dogs.



I've had questions about NAC. And there's a LOT of hype and "buzz" around it. First, "What is n-Acetyl cysteine (NAC)?"

It's an Amino Acid. It's rich in cysteine and serine. Yay!

[Where to get NAC Quickly, Affordably and Safely](#)

We used to use n-Acetyl cysteine as an "inhaler" and it would VERY effectively break down and move out mucus in the lungs and bronchi.

Then I guess someone thought: "We should inject n-Acetyl cysteine into dogs, and feed it to them. And just see what happens."

And found out that it's "magical" and benefits practically *everything* they tried it on. (150mg/20lb Once a Day at least, all the way up to 100mg/lb is recommended in some places.)

My recommendation: 20mg per pound once or twice a day. 60 lbs = 1200mg once a day.

I mean, n-Acetyl cysteine kills effing GERMS!!! It boosts the number and function of anti-oxidant producing cells and production in the body. n-Acetyl cysteine's used in airway AND neurological injury. It can help the liver to heal, to survive intoxication, and to help restore function.

And, n-Acetyl cysteine has all the benefits of other "big time" antioxidants. It's a precursor to Glutathione, the OG (original gangsta) of antioxidants.

## Dosing NAC In Dogs

	LOW	MIDRANGE	HIGHEST
WEIGH	20	100	200
5	150	600	1200
10	300	600	1200
15	600	1200	1800
20	600	1200	1800
25	600	1200	2400
30	600	1200	2400
40	1200	1800	3600
50	1200	1800	3600
60	1200	1800	4200
70	1800	2400	4800
80	1800	2400	4800
90	1800	2400	5400
100	2000	3000	5400

Green is the recommended dose for the dog. In yellow is a higher-end dose and caution could be exercised as it's possible to upset the stomach with NAC in the higher dose ranges

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# NAC

1. NAC stands for “n-Acetyl Cysteine”
2. Helps old dogs “age more slowly” via its antioxidant properties.
3. Helps old dogs who are experiencing declining function in their hind legs.
4. Spares kidney function, extending the lives of cats (and dogs) by 50-75%
5. Metabolizes into Glutathione which is the bodies’ own antioxidant. (up to 22% bio)
6. Is cheap and available on Amazon.com

From Amazon.com but also found in AKTIVAIT (Veterinary elderly dog care)

NAC is a cysteine-rich amino acid.



We don’t really “need it” but we use it. It’s called a “*conditional essential amino acid*”

One day a science nerd gave a couple **pounds** of it to some **monkeys** and they were transformed into ANTIOXIDANT machines, they found immune stimulant properties, neuroprotective properties, and kidney-sparing properties. They are finding new uses all the time.

They found some of the same things with s-adenyl-methionine. (SAM-e) and Vitamin C

The supporting article with downloads is at

NAC is bittersweet tasting and frankly I can’t tell the difference between powdered Vitamin C and NAC outside the capsule. I mean it’s UNLIKELY that you can just put NAC on the food. So getting this into a cat seems unlikely.

When you open the bottle of NAC it smells pretty bad. That’s normal.

A dog would get 1 capsule a day up until about 40-50 pounds then at or above 50 lbs, consider **two** capsules a day. There is no risk of overdosage but at a very high overdose nausea could occur simply from the strong scent of Sulfur.

[drjohnson.com/nac](http://drjohnson.com/nac)