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N-Acetylcysteine

N-Acetylcysteine (NAC) stands out from the crowd of **antioxidants** on the supplement store shelf because it's actually effective when supplemented. NAC is needed to produce the antioxidant enzyme called glutathione, which exerts a general protective effect on the body.

NAC can also be supplemented for a variety of cognitive benefits, which include the treatment of drug addiction, reducing irritability and obsession, and protecting against cognitive decline.

NAC is also one of the few supplements that might actually remove heavy metals from the body.

Though many detoxifying supplements are claimed to have this effect, NAC is one of the few that delivers.