

# Alpha Lipoic Acid

Water and lipid soluble antioxidant; supports glucose metabolism and nerve health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Optimal energy and nerve health<sup>†</sup>

## BENEFITS

- Promotes metabolic energy production<sup>†</sup>
- Helps maintain healthy glucose metabolism
- Supports nerve cell health<sup>†</sup>
- Water and fat solubility provides exceptional versatility as an antioxidant<sup>†</sup>

## FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Alpha lipoic acid is both water and fat soluble which allows it to function in almost any part of the body as an antioxidant. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production.<sup>1</sup> In addition, it helps maintain healthy glucose metabolism, supports the nervous system and provides nutritional support for healthy liver function.<sup>2</sup> In one study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals.<sup>3</sup> Alpha lipoic acid supported nerve health in subjects who participated in a randomized, double-blind, placebo-controlled, multicenter trial.<sup>4</sup> The ability of alpha lipoic acid to modulate nitric oxide metabolite activity and to promote healthy microcirculation accounted for its ability to promote nerve cell health in two separate studies.<sup>5,6†</sup>

## SUGGESTED USE

Alpha Lipoic Acid 100 mg and 200 mg

As a dietary supplement, take 1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Alpha Lipoic Acid 400 mg and 600 mg

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations alpha lipoic acid is synthetically produced and has a minimum purity of 99%
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation
- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Alpha Lipoic Acid 100 mg

Size 0 caps

Bottle count 60/120

Order codes AL16/AL11

Bottle size 120 cc/190 cc

Alpha Lipoic Acid 200 mg

Size 0 caps

Bottle count 60/120

Order codes AL26/AL21

Bottle size 120 cc/190 cc

Alpha Lipoic Acid 400 mg

Size 0 caps

Bottle count 60/120

Order codes AL46/AL41

Bottle size 120 cc/190 cc

# Alpha Lipoic Acid

Water and lipid soluble antioxidant; supports glucose metabolism and nerve health<sup>†</sup>

Alpha Lipoic Acid 600 mg

Size 00 caps

Bottle count 60/120

Order codes AL66/AL61

Bottle size 190 cc/290 cc

## REFERENCES

1. Kishi Y, et al. *Diabetes*. 1999 Oct;48(10):2045-51.
2. Porasuphatana S, et al. *Asia Pac J Clin Nutr*. 2012;21(1):12-21.
3. Konrad T, et al. *Diabetes Care*. 1999 Feb;22(2):280-7.
4. Ziegler D, et al. *Diabet Med*. 2004 Feb;21(2):114-21.
5. Nagamatsu M, et al. *Diabetes Care*. 1995 Aug;18(8):1160-7.
6. Ziegler D, et al. *Diabet Med*. 2004 Feb;21(2):114-21.

## NUTRITION FACTS

**1 capsule, 1-4 times daily, with meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 100 mg  
 Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Alpha Lipoic Acid 100 mg	Quantity	Order Code
	120	AL11
	60	AL16

**1 capsule, 1-4 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 200 mg  
 Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Alpha Lipoic Acid 200 mg	Quantity	Order Code
	120	AL21
	60	AL26

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 400 mg  
 Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)



Alpha Lipoic Acid 400 mg	Quantity	Order Code
	120	AL41
	60	AL46

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 600 mg  
 Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)



Alpha Lipoic Acid 600 mg	Quantity	Order Code
	120	AL61
	60	AL66

Visit our website for more information about our GMO policy.