

R-ALA



livlong.ca | 1-844-246-5997



USES

ANTI-AGING

Reduces wrinkles and increases elasticity, improves moisture and gives skin a hydrated appearance, enhances complexion, reduces pigmentation and provides the 'ALA Glow'

WEIGHT REGULATION

- Improves blood sugar (when dysregulated can lead to weight gain)
- Helps to reduce weight via cellular adaptations
- Improves metabolism
- Helps to regulate weight independent of exercise and diet for those who fall into the Obesity range.

BRAIN HEALTH

ALA is a neuroprotective agent and anti-inflammatory molecule that possesses the ability to reverse damage to the central nervous system to a significant degree. Research has shown the efficacy of ALA in slowing down the progression of mild Alzheimer's, reducing the rate of cognitive decline

DIABETES

ALA has been shown to increase insulin sensitivity, help manage blood sugar levels and reduce symptoms of diabetic neuropathy

CARDIOVASCULAR DISEASE

- Lowers C-RP and other inflammatory markers
- Regulates cholesterol
- Protects against the onset of cardiovascular disease
- Improves triglycerides

ALA IS CURRENTLY BEING STUDIED FOR

- Migraines
- Autoimmune conditions, specifically MS and lupus
- Chronic Pain (carpal tunnel and lower back pain)
- Age related digestive disturbances
- Non-Alcoholic Fatty Liver Disease (NAFLD)

FAST FACTS



- Crosses the blood brain barrier



- Unique antioxidant because it exists both inside and outside cells



- Increases # of mitochondria