



# **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

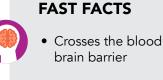
ALA has been shown to increase insulin sensitivity, help manage blood sugar levels and reduce symptoms of diabetic neuropathy

# 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)



Unique antioxidant because it exists both inside and outside cells



Increases # of mitochondria