

**Nutritional support for whole-body, multi-functional antioxidant activity to support healthy, well-functioning cells**



## APPLICATIONS / BENEFITS

- Coenzyme for glucose uptake and utilization
- Supports regeneration of vitamins C and E
- Promotes healthy vascular and endothelial function
- Supports healthy intracellular glutathione levels
- Supports liver detoxification

## OVERVIEW

**Patient One Alpha Lipoic Acid (ALA)** is a fat- and water-soluble nutrient with antioxidant activity. It provides protection both inside and outside the cell. ALA has the ability to regenerate and extend the biochemical lifetime of other antioxidants, such as vitamins C and E, as well as glutathione and coenzyme Q10 (CoQ10). As such, it plays a role in fighting oxidative stress and free radical formation. As a coenzyme, ALA is needed to break down glucose for energy metabolism.

This versatile nutrient has been shown to support vascular and connective tissue health, protect cell structures, support the nervous system, help maintain healthy liver function and help maintain cholesterol and blood glucose levels within normal ranges. Because of its antioxidant properties and its ability to improve blood vessel circulation to the nerves, ALA has been studied for its ability to improve circulation, particularly in the nervous system.

Alpha lipoic acid can be made in the body but production declines with age. ALA supports healthy aging, reducing oxidative stress in the brain, eyes and heart. ALA helps to neutralize free radicals before they can cause damage to the elastin and collagen in the skin that can be linked to signs of aging and wrinkles. ALA is also provides support for athletes by producing energy in muscles and directing calories into energy production.

## RESEARCH

- More than a dozen clinical trials have studied the role of alpha lipoic acid in maintaining healthy nerve function. Findings demonstrate its neuroprotective function, believed to be due to ALA's ability to modulate nitric oxide metabolite activity and to promote healthy microcirculation.

## REFERENCES

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## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

### Amount Per Serving

Alpha Lipoic Acid	200 mg*
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\* Daily Value not established

**Other Ingredients:** rice flour, vegetable cellulose (capsule), leucine

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

### Amount Per Serving

Alpha Lipoic Acid	600 mg*
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\* Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), rice flour, leucine, silica

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule twice daily, preferably with meals, or as directed by your health practitioner. May take up to 1800 mg daily in divided doses. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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