

# Alpha Lipoic Acid



INTEGRATIVE  
NATURAL HEALTH

## Clinical Applications

- Provides Fat-Soluble and Water-Soluble Antioxidant Activity\*
- Coenzyme for Whole-Body Glucose Utilization\*
- Supports Healthy Intracellular Glutathione Levels\*
- Supports Regeneration of Vitamins C and E\*
- Helps Maintain a Balance Between Oxidized and Reduced CoQ10\*

*Alpha Lipoic Acid provides whole-body, multifunctional antioxidant activity that helps to maintain healthy, well-functioning cells. Alpha Lipoic Acid is designed to neutralize free radicals in both the water-based and lipid-based portion of cells, help the body synthesize glutathione, and recharge important antioxidants. In addition, biotin supports the function of alpha-lipoic acid in glucose metabolism.\**

All Integrative Natural Health Formulas Meet or Exceed cGMP Quality Standards

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## Discussion

Alpha-lipoic acid (ALA) is an eight-carbon disulfide water- and fat-soluble compound that is synthesized in small quantities in the liver and other tissues. Oral supplementation readily crosses the blood brain barrier after it is absorbed in the small intestine, goes into the portal vein, and is distributed via systemic circulation. Once in the tissues, ALA can be found inside and outside the cells including inside the mitochondria where it functions naturally as a coenzyme for the oxidation of pyruvate, alpha ketoglutarate, and branched-chain amino acids.\*

Researchers recently identified lipoic acid's mechanisms of action related to maintaining metabolic health. It has a direct binding site at the insulin receptor tyrosine kinase domain. ALA appears to modulate 5'-AMP-activated protein kinase and PPAR-regulated genes, to activate PPAR-alpha and PPAR-gamma, and to support expression of PPAR-gamma mRNA and protein in heart tissue and smooth muscle of the aorta.\*<sup>[2]</sup>

Controlled-release technology supports efficacy of alpha-lipoic acid in helping to maintain blood sugar already in the normal range. Data from a 12-week clinical study indicate that supplementation with Alpha Lipoic Acid (1200 mg per day, divided doses) may support healthy C-peptide levels. C-peptide is used as an indication of insulin sensitivity.\*<sup>[3,4]</sup>

Alpha-lipoic acid effectively neutralizes a variety of free radicals, including oxygen radicals and ionized metals. This action is particularly beneficial for people who have higher levels of oxidative stress. Alpha-lipoic acid regenerates vitamins C and E, increases tissue levels of glutathione, and helps maintain the proper ratio of reduced to oxidized coenzyme Q10 in the mitochondria. In addition, alpha-lipoic acid may help the body rid itself of heavy metals.\*

Healthy endothelial-mediated vasodilation is accepted as a surrogate marker for cardiovascular health and can be affected by synthesis, bioavailability, or action of nitric oxide (NO). Increased oxidative stress appears to play a significant role in neutralizing or inactivating NO. ALA's antioxidant properties, along with its demonstrated safety and potency, qualify it as a prime candidate to evaluate for its ability to support healthy endothelial function.\*<sup>[5]</sup>

The ability of alpha-lipoic acid to improve energy metabolism and decrease oxidative stress alludes to its ability to support healthy mitochondrial function with age.\*

Biotin has been added because chronic administration of lipoic acid lowers the activities of pyruvate carboxylase and beta-methylcrotonyl-CoA carboxylase in vivo by competing with biotin.\*<sup>[6]</sup>

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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# Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Biotin	450 mcg	1,500%
Alpha-Lipoic Acid	600 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Hydroxypropyl methyl cellulose, magnesium stearate, microcrystalline cellulose, hydroxypropyl cellulose, dicalcium phosphate, silica, and coating (hydroxypropyl methyl cellulose and medium-chain triglycerides).

## Directions

Take one tablet 30 minutes before breakfast and one tablet 30 minutes before dinner, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

## Formulated To Exclude

Wheat, gluten, yeast, corn, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

## References

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