



**Code:** 9274

**Size:** 60 Vegetarian Capsules

**Actual Size:** 19.03 mm x 6.76 mm



# R-Alpha-Lipoic Acid

## Bioactive Form

### High Absorption and Enhanced Stability • 100 mg

- R-Alpha-Lipoic Acid includes only the naturally occurring R-isomer, the only form utilized by mitochondrial enzymes, and the only one synthesized in humans
- R-isomer has greater biological activity than the racemic mixture often used in supplements, which is a combination of the R- and S- isomers
- R-isomer supplementation results in higher total plasma levels, as well as a shorter time to reach maximum levels in older individuals compared to the racemic mixture
- ALA is involved in the body's antioxidant processes
- Supports glutathione synthesis and helps maintain healthy mitochondrial function
- Suitable for vegetarians/vegans

## PRODUCT SUMMARY

Alpha-lipoic acid (ALA) has antioxidant activity, helps clear cellular debris normally produced by the body, may support healthy neurological function, and helps maintain healthy mitochondrial function. The R-isomer of ALA is a cofactor for mitochondrial enzymes and a substrate for glutathione reductase; it participates in the citric acid cycle and ATP production and recycles other antioxidants, including vitamins C and E, CoQ10, and glutathione.<sup>1</sup>

R-Alpha-Lipoic Acid includes only the R-isomer, which increased plasma levels nearly 1.5 times higher in older populations than the commonly used racemic mixture (combined R- and S- isomers).<sup>2</sup> ALA may also support wound healing when combined with hyperbaric oxygen therapy, particularly the R-isomer.<sup>3,4</sup> ALA may support blood glucose levels already within the normal range, help maintain insulin sensitivity already within the normal range, and help maintain normal peripheral neurological function.<sup>6-8</sup>



## R-ALPHA-LIPOIC ACID

BIOACTIVE FORM · HIGH ABSORPTION AND ENHANCED STABILITY · 100 MG

### Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value
Sodium	15 mg	<1%
R-Alpha-Lipoic Acid	100 mg	**

\*\* Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate, silica.

**Serving Size:** 1 Vegetarian Capsule

**Servings Per Container:** 60

**Suggested Usage:** 1 capsule 2 times per day or as directed by a health care professional.

**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Consult a health care professional prior to use if you have diabetes. Keep out of reach of children.

**Contraindications:** No significant contraindications.

**Drug Interactions:** Caution should be used with antidiabetes medications, as ALA may have additive effects. Long-term use may warrant low-dose copper and/or thiamine supplementation.

**Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

#### References

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Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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