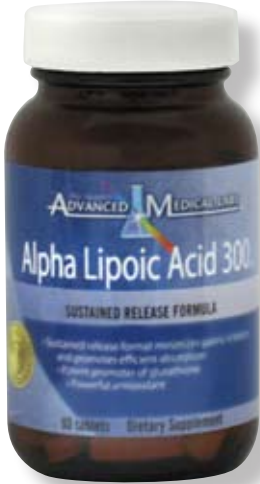


Alpha Lipoic Acid 300



DESCRIPTION

Alpha Lipoic Acid (ALA) is an enzyme located inside mitochondria that converts carbohydrates, fat and protein into fuel during the Krebs cycle. As well, it is a potent water and fat soluble antioxidant that plays a significant role in the production of intracellular glutathione. This advanced 300 mg extra strength formula uses high quality Alpha Lipoic Acid imported from Italy that is specially processed to minimize the presence of epi-contaminant material. Formulated in sustained release tablets, ALA provides excellent antioxidant protection, promotes improved metabolism, and enhances cognitive function.

Item number: AM165
Delivery system: Sustained release tablets
Amount per bottle: 90 tablets
Serving size: 1 tablet (300 mg)



BENEFITS*

ALA has been shown to be useful in various ways:

- Reduces oxidative stress, especially related to aging
- Increases glutathione to provide immune and antioxidant support
- Improves cognitive function by providing support to the mitochondria in the brain

INGREDIENTS PER SERVING

Alpha Lipoic Acid 300 mg
Biotin 333 mcg

Other ingredients: Polyacrylate, cellulose, calcium phosphate, magnesium stearate (vegetable source), silicon dioxide, vanilla, and beet root powder (for color).

MECHANISMS OF ACTION

ALA is described as the "universal antioxidant" as it is both a water and fat soluble nutrient. This unique ability allows ALA to reach both water and lipid compartments of the body to reduce oxidative damage to cells and cell mitochondria. Although the body synthesizes ALA on its own for metabolic functions, supplemental levels allow the nutrient to circulate throughout the body in a "free" state and neutralize free radicals.

Research indicates ALA reduces oxidative stress to mitochondria while increasing mitochondrial-supported cellular metabolism. ALA is rapidly converted to DHLA (dihydrolipoic acid) in many tissues and has metal chelating activity¹. DHLA acts synergistically with other antioxidants, and is capable of regenerating other antioxidants, including vitamins C and E, from their radical or inactive forms. Alpha Lipoic Acid and DHLA act as antioxidants not only directly, through radical quenching and metal chelation, but indirectly through recycling of other antioxidants and through the induction of increased intracellular levels of glutathione. There is also evidence that ALA may have effects on regulatory proteins and on genes involved in normal growth and metabolism.

Oxidative damage to mitochondria, proteins, and nucleic acid in the brain may lead to neuronal and cognitive dysfunction. This damage increases in the hippocampus with age and is found primarily in RNA. Administering ALA helps reduce the extent of oxidized RNA and prevents mitochondrial decay to improve cognitive performance.

ADVERSE REACTIONS

None known. Pregnant or breast-feeding women should consult a physician before using.

RECOMMENDED USE

Take one to three tablets daily or as directed by a health care professional.

STORAGE

Store in a cool, dry place away from direct light.

Keep out of reach of children.

REFERENCES

1. Packer, L., Tritschler, HJ., Wessel, K. "Neuroprotection by the metabolic antioxidant alpha-lipoic acid." *Free Radic Biol Med.* 1997;22(1-2):359-78.
2. Hagen TM, Liu J, Lykkesfeldt J, Wehr CM, Ingersoll RT, Vinarsky V, Bartholomew JC, Ames BN. "Feeding acetyl-L-carnitine and lipoic acid to old rats significantly improves metabolic function while decreasing oxidative stress." *Proceedings of the National Academy of Sciences.* 2002 May 14;99(10):7184.
3. Liu J, Head E, Gharib AM, Yuan W, Ingersoll RT, Hagen TM, Cotman CW, Ames BN. "Memory loss in old rats is associated with brain mitochondrial decay and RNA/DNA oxidation: partial reversal by feeding acetyl-L-carnitine and/or R-alpha -lipoic acid." *Proceedings of the National Academy of Sciences.* 2002 May 14;99(10):7184-5.

*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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