

Alpha lipoic acid is a vitamin-type nutrient and although it is produced in the body in small amounts, we don't always make enough of it.

Alpha lipoic acid is related to the Krebs cycle and the production of the cell energy our body needs for optimal functioning.

Alpha lipoic acid is considered an excellent antioxidant with the particularity of being both water and fat soluble. It has very positive effects on liver protection and detoxification as it stimulates the production of the enzyme glutathione, which acts as a cell protector and detoxifying agent. It also benefits diabetics since it can improve blood sugar metabolism.

Most alpha lipoic acid supplements are a 50/50 mix of natural **R(+)-lipoic acid** and synthetic S(-)-lipoic acid; this mix is called a "racemic mixture", or "racemate". In some cases, S(-)-lipoic acid is simply less effective than **R(+)-lipoic acid**, but in other cases, the S(-) form actually acts in opposition to the activity of the **R(+)-lipoic acid**. In nature, only the R(+) form exists, and is an essential co-factor of the four mitochondrial enzymatic complexes, and the only form our body can synthesize.

Ingredients: Bulking agent: microcrystalline cellulose, *R*-alpha-lipoic acid (*R*-(+)-1,2-dithiolane-3-pentanoic acid), anticaking agents: vegetable magnesium stearate and silicon dioxide, vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

Nutritional information:	1 capsule (502 mg)
<i>R</i> -alpha-Lipoic acid	150 mg

Contains no: Preservatives, artificial flavour or colour, sugar, milk or milk products, starch, wheat, corn, soy, or yeast.

Size and format:

60 vegetable capsules with each 150 mg.

Recommended daily dose:

1 capsule daily with food.

Do not exceed the stated recommended daily dose.

Indications and uses:

In several studies alpha lipoic acid has been shown to protect against the toxic effects of heavy metals in the liver.

It detoxifies and protects the liver and is of great help in cases of hepatitis.

Supplementation with alpha lipoic acid can improve one's physical state, especially under stressful conditions. It's appropriate whenever a boost of energy is needed, including energy for the brain, physical support for athletes and vitality in general.

Cautions:

Consult a health-care practitioner prior to use this product if you are treated with hypoglycemic medication.

The alpha lipoic acid from New Roots Europe has a plant origin, coming from the biosynthesis of linoleic acid.