Alpha Lipoic Acid w/GlucoPhenol™

Introduced 2012

What Is It?

Alpha Lipoic Acid w/GlucoPhenol™ supports glucose and fat metabolism, and overall cardiometabolic health, by maintaining healthy cellular function. Each serving delivers 200 mg alpha lipoic acid for metabolic support and cardioprotection along with 25 mg polyphenols from GlucoPhenol™, a novel, proprietary blend of cranberry and Orléans strawberry extracts developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF).*
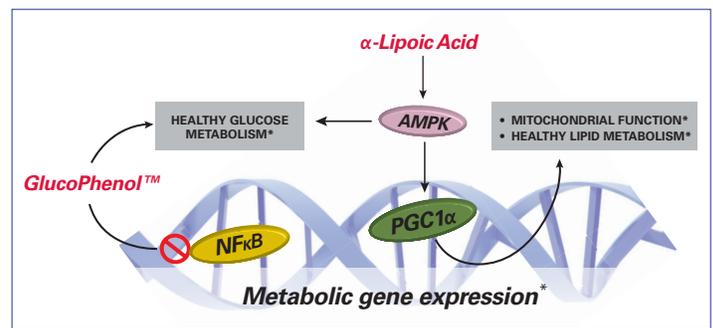
Uses for Alpha Lipoic Acid w/GlucoPhenol™

Cardiometabolic Health: Alpha lipoic acid is a multifaceted nutraceutical substantiated by over 15 years of clinical research. In a recent double-blind, placebo-controlled trial, daily alpha lipoic acid supplementation provided statistically significant support for both fasting and postprandial blood glucose. In a randomized placebo-controlled study of 68 subjects, alpha lipoic acid supported healthy endothelial dilation, an important measure of cardiovascular health. By maintaining healthy activity of the genomic messenger nuclear factor kappa B (NFκB), alpha lipoic acid helps maintain the ability of cells to utilize glucose. In addition, alpha lipoic acid promotes the activity of PGC-1α and AMP kinase (AMPK), two critical regulators of mitochondrial function. By supporting the synthesis of new mitochondria, alpha lipoic acid enhances the ability of the cell to metabolize both carbohydrates and fats (Figure 1). These actions are associated with metabolic homeostasis in fat, liver, muscle and vascular tissue. GlucoPhenol™ is a unique blend of cranberry and Orléans strawberry standardized extracts. Polyphenols found in both fruits support the function of enzymes, receptors and genes involved in glucose uptake and cytokine signaling.*

What Is The Source?

Alpha lipoic acid (thioctic acid) is synthetic. GlucoPhenol™ proprietary blend contains 25 mg of polyphenols from Orléans strawberry (*Fragaria vesca var Orléans*) extract (fruit) and cranberry (*Vaccinium macrocarpon*) extract (fruit). Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1–4 capsules daily, in divided doses, with meals.

Figure 1. In fat and muscle cells, alpha lipoic acid targets the enzyme AMP kinase (AMPK), which activates a cellular receptor known as PGC-1α.4. PGC-1α helps support healthy metabolism of both carbohydrates and fats. GlucoPhenol™ promotes healthy activity of NFκB to help maintain cardiometabolic balance.*

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Alpha lipoic acid has been associated with gastrointestinal upset or skin rash in sensitive individuals. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Individuals on anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

Alpha Lipoic Acid with GlucoPhenol™

each vegetarian capsule contains	
alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol™ proprietary blend	138 mg
providing: 25 mg of polyphenols from Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	
ascorbyl palmitate (fat-soluble vitamin C)	5 mg
other ingredients: rice maltodextrin, magnesium hydroxide, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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