

# Alpha Lipoic Acid

Water and lipid soluble antioxidant; supports glucose metabolism and nerve health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Optimal energy and nerve health<sup>†</sup>

## BENEFITS

- Promotes metabolic energy production<sup>†</sup>
- Helps maintain healthy glucose metabolism
- Supports nerve cell health<sup>†</sup>
- Water and fat solubility provides exceptional versatility as an antioxidant<sup>†</sup>

## FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Alpha lipoic acid is both water and fat soluble which allows it to function in almost any part of the body as an antioxidant. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production.<sup>1</sup> In addition, it helps maintain healthy glucose metabolism, supports the nervous system and provides nutritional support for healthy liver function.<sup>2</sup> In one study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals.<sup>3</sup> Alpha lipoic acid supported nerve health in subjects who participated in a randomized, double-blind, placebo-controlled, multicenter trial.<sup>4</sup> The ability of alpha lipoic acid to modulate nitric oxide metabolite activity and to promote healthy microcirculation accounted for its ability to promote nerve cell health in two separate studies.<sup>5,6†</sup>

## SUGGESTED USE

Alpha Lipoic Acid 100 mg and 200 mg

As a dietary supplement, take 1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Alpha Lipoic Acid 400 mg and 600 mg

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations alpha lipoic acid is synthetically produced and has a minimum purity of 99%
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation
- Hypo-allergenic plant fiber is derived from pine cellulose

## NOTES

Alpha Lipoic Acid 100 mg

Size 0 caps

Bottle count 60/120

Order codes AL16/AL11

Bottle size 120 cc/190 cc

Alpha Lipoic Acid 200 mg

Size 0 caps

Bottle count 60/120

Order codes AL26/AL21

Bottle size 120 cc/190 cc

Alpha Lipoic Acid 400 mg

Size 0 caps

Bottle count 60/120

Order codes AL46/AL41

Bottle size 120 cc/190 cc

# Alpha Lipoic Acid

Water and lipid soluble antioxidant; supports glucose metabolism and nerve health<sup>†</sup>

Alpha Lipoic Acid 600 mg

Size 00 caps

Bottle count 60/120

Order codes AL66/AL61

Bottle size 190 cc/290 cc

## REFERENCES

1. Kishi Y, et al. *Diabetes*. 1999 Oct;48(10):2045-51.
2. Porasuphatana S, et al. *Asia Pac J Clin Nutr*. 2012;21(1):12-21.
3. Konrad T, et al. *Diabetes Care*. 1999 Feb;22(2):280-7.
4. Ziegler D, et al. *Diabet Med*. 2004 Feb;21(2):114-21.
5. Nagamatsu M, et al. *Diabetes Care*. 1995 Aug;18(8):1160-7.
6. Ziegler D, et al. *Diabet Med*. 2004 Feb;21(2):114-21.

## SUPPLEMENT FACTS

**1 capsule, 1-4 times daily, with meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 100 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Alpha Lipoic Acid 100 mg	Quantity	Order Code
	120	AL11
	60	AL16

**1 capsule, 1-4 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 200 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Alpha Lipoic Acid 200 mg	Quantity	Order Code
	120	AL21
	60	AL26

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 400 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)



Alpha Lipoic Acid 400 mg	Quantity	Order Code
	120	AL41
	60	AL46

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 600 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)



Alpha Lipoic Acid 600 mg	Quantity	Order Code
	120	AL61
	60	AL66

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.