

Super Alpha-Lipoic Acid with Biotin

250 mg, 60 capsules

Item Catalog Number: 00457

Alpha-lipoic acid is an antioxidant used in Europe to promote liver and nerve health, and confer protective benefits against oxidative processes. Alpha-lipoic acid has been called the "universal" antioxidant because it boosts glutathione levels in cells and has potent antioxidant actions.⁹⁰⁻⁹²

Research has strongly implicated cellular oxidative damage caused by free radicals as a cause of many degenerative problems. What makes alpha-lipoic acid so effective as an antioxidant is its ability to quench free radicals in both aqueous and lipid environments. This means that the antioxidant activity of alpha-lipoic acid is working in the extra-cellular fluid and also within the cell. It also has metal chelating ability, helping the body rid itself of accumulated ingested toxins.¹¹⁰⁻¹¹³

Alpha-lipoic acid also is a co-factor for some of the key enzymes (alpha keto acid dehydrogenases) involved in generating energy from food and oxygen in mitochondria¹¹⁴⁻¹¹⁶ and thus plays a critical role in energy production within the cell's mitochondria.^{73,114,115}

One of the most beneficial effects of alpha-lipoic acid is its ability to regenerate other essential antioxidants such as vitamins C and E, coenzyme Q10, and glutathione, and the activities of superoxide dismutase (SOD) and glutathione peroxidase (GPx). The evidence is especially strong for the ability of DHLA (dihydro-lipoic acid, a reduced form of alpha-lipoic acid) to recycle vitamin E. This is apparently achieved directly by quenching tocopherol radicals or indirectly by reducing vitamin C or increasing the levels of ubiquinol (a derivative of CoQ10) and glutathione, that, in turn, helps regenerate tissue levels of vitamin E.^{114,117-119}

In clinical studies to date with alpha-lipoic acid, there have been no reported serious adverse side effects, even at high doses. Among the mild, reversible side effects found in some patients have been allergic skin reactions and possible hypoglycemia in diabetics. Please note that the R-lipoic acid (see product in this section) provides a more biologically active form of lipoic acid than alpha-lipoic acid at only a slightly higher cost.

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

Biotin

2500 mcg

Alpha-Lipoic Acid

250 mg

Other ingredients: gelatin, water, rice flour, magnesium stearate.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- One capsule in the morning and one in the evening, preferably with food is suggested, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

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