

## PRODUCT INFORMATION

# Alpha Lipoic Acid-ALA®

*Alpha lipoic acid-ALA® possesses powerful antioxidant properties to promote healthy aging, help maintain healthy blood sugar levels and fat metabolism and promote healthy eyes.*

### Basic Facts

Alpha lipoic acid-ALA®, often referred to as the «ideal antioxidant», can work in the place of other antioxidants such as vitamins C or E. If insufficient amounts of these antioxidant vitamins are obtained from the diet, supplements containing alpha lipoic acid can partially make up for this deficit. ALA® also plays an important role in maintaining healthy blood sugar levels. According to science, insulin resistance and unhealthy blood sugar levels can be triggered by increased oxidative stress and the production of free radicals. In this instance, antioxidants, and in particular ALA®, can intervene in a protective function.

ALA® can help protect against many of the effects of prolonged unhealthy blood sugar levels, working to support optimal nerve health, healthy vision, cardiovascular health and healthy aging.

Recent studies have also shown that ALA® can positively influence muscle strength and energy levels. It protects extracellular LDL cholesterol and intracellular DNA, and therefore may also discourage unhealthy cell growth and protect against premature aging. Initial studies also suggest that it may support cognitive health.

### Effects

Alpha lipoic acid is a vitamin-like substance with antioxidant properties that is frequently referred to as a «universal antioxidant», as it is both water- and fat-soluble. ALA® is produced in the liver and in other tissues, where it acts as a natural co-factor of multi-enzyme dehydrogenase complexes such as the pyruvate dehydrogenase complex. ALA® plays an important role in maintaining biochemical reactions within the mitochondria, helping the cells to obtain energy from glucose.

With increasing age, the body produces less ALA® and it becomes vital that enough ALA® is obtained from the diet. Unfortunately, this substance is only found in red meat, therefore many people require supplementation.

### Uses

**Promoting healthy blood sugar levels:** ALA® influences biochemical processes in which blood sugar reacts spontaneously with proteins like collagen and destroys them. Collagen is contained in the skin, the blood vessels, the connective tissue, the myelin surrounding the nerve cells and in other tissues. Over time, these processes can lead to premature aging of tissues, kidney damage, atherosclerosis and loss of vision.

ALA® slows the detrimental protein-sugar bond by encouraging the healthy uptake of blood sugar within the cells; a task which is usually performed by insulin. When insulin is absent, ALA® can perform this function to a certain extent, as is also the case when vitamins C and E are deficient.

Therefore, ALA® can help to maintain healthy blood sugar levels by supporting healthy glucose uptake within the cells.

**Encouraging healthy aging:** Aging is an inevitable biologic event that is associated with a progressive decrease in the function of the mitochondria. The mitochondrial membrane potential, oxygen consumption and fluidity of the cell wall decrease while the production of oxidants increases. This increased formation of oxidants causes irreversible damage to the mitochondrial DNA as well as to proteins and lipids. The formation of oxidants is not restricted to aging itself; it is also involved in many pathologic processes such

as unhealthy blood sugar levels, a decline in cardiovascular health, neuro-degenerative concerns, unhealthy cell growth and a poorly functioning immune system.

Several studies have shown that ALA® proves to be an excellent substance for protecting against increased oxidative stress. Alpha lipoic acid can promote healthy mitochondrial function and help protect against the increased oxidative stress associated with aging. However, sufficient plasma levels are necessary to reach the maximum therapeutic benefit.



**Alpha lipoic acid-ALA®**

- ▶ Helps protect against oxidative stress
- ▶ Helps maintain healthy blood sugar levels within normal ranges
- ▶ Can protect against the negative effects of prolonged unhealthy blood sugar levels
- ▶ Promotes cerebral health
- ▶ Protects cardiovascular health by influencing LDL cholesterol
- ▶ Promotes healthy aging
- ▶ Encourages healthy cell growth

**At a Glance**

**Alpha lipoic acid-ALA®**

**Protecting central and peripheral nervous system health:** ALA® helps protect the brain following a stroke, protects against toxic amino-acid damage, supports healthy mitochondrial function and helps protect against the damage to the brain and nervous tissues that can result from prolonged unhealthy blood sugar levels. Reactive oxygen-free radicals are in all probability involved in several acute and chronic pathologic processes in the brain and nervous system tissues. ALA® can offer crucial protection against these damaging free radicals, as it is easily absorbed via the gastrointestinal tract and crosses the blood-brain barrier. As soon as it is in the brain, it can be absorbed by brain cells and tissue and exercise its protective function on an intra- and extra-cellular basis. This makes ALA® an ideal substance for protecting the brain and nerves against the damage caused by free radicals.

**Protecting cardiovascular health:** As is generally known, LDL cholesterol is one of the primary injurious factors in cardiovascular diseases. The function of this blood fat is to transport fatty acids, cholesterol and triglycerides. If LDL is destroyed by oxidation or free radicals, the fats are deposited along the inner walls of the arteries where they slow the blood flow and lead to heart attacks and stroke.

Antioxidants such as vitamin E protect LDL against oxidation and free radicals. But if LDL is destroyed, vitamin E is also destroyed. Here, ALA® can intervene; not only can it help to restore vitamin E for its fight against oxidants, but it can also act as an antioxidant to protect LDL itself.

**Poisoning:** ALA® has significantly increased the survival rate of individuals who had eaten poisonous mushrooms. However, dis-intoxication treatment must only be undertaken in the care of experienced physicians and must not be done by way of self-medication.

**Healthy vision:** Preliminary data has shown that the intake of ALA® could significantly protect healthy vision.

### Composition

One capsule contains 50 mg, 100 mg or 200 mg alpha lipoic acid in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate, SiO<sub>2</sub>.

### Dosage

In normal cases take 1 capsule 2–3 times a day during meals with plenty of fluid.




## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

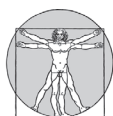
Store in a cool and dry environment, out of reach for children.

### ALA® Product Groups

ALA® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Metabolism & Weight**
-  **Cardiovascular System**
-  **Immune System, Cell Protection & Antioxidants**

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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