

PRODUCT INFORMATION

Alpha Lipoic Acid-ALA®

Alpha lipoic acid-ALA® is the universal antioxidant which slows aging processes and helps in case of diabetes, eye problems and disorders of the fat metabolism.

Basic Facts

Alpha lipoic acid-ALA®, often called the «ideal antioxidant», can replace other antioxidants such as vitamins C or E. If not enough of these substances are ingested with the food, supplements containing alpha lipoic acid can at least partly cover this deficit. ALA® also plays an important role in blood sugar control. According to the opinion of scientists, insulin resistance and diabetes mellitus can, among other things, also be triggered by increasing oxidative stress and the production of free radicals. Here, antioxidants, and in particular ALA®, can intervene in a protective function.

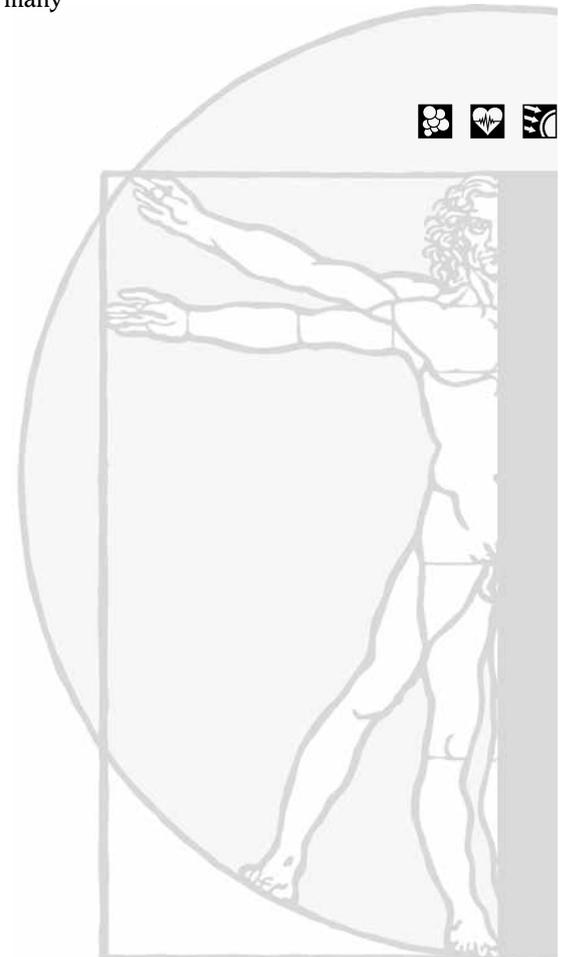
Many severe late sequelae of diabetes such as nerve damage, pain, blindness, cardiac diseases and faster aging can be markedly reduced or stopped by ALA®.

Recent studies have also shown that ALA® can increase muscle strength and the energy household. It protects the extracellular LDL cholesterol and the intracellular DNA and, therefore, can possibly also inhibit the formation and growth of cancer cells and slow the aging processes. It also improves the memory according to first studies.

Effects

Alpha lipoic acid is a vitamin-like antioxidant and is frequently called a «universal antioxidant» as it is both water- and fat-soluble. In man ALA® is produced in the liver and other tissues where it acts as a natural co-factor of multi-enzyme dehydrogenase complexes such as for instance the pyruvate hydrogenase. ALA® plays an important role in mitochondria-specific ways to obtain energy from glucose.

With increasing age, however, the body produces less ALA® and the individual is dependent on eating a diet containing ALA®. Unfortunately, this substance is contained in red meat only, and therefore many people have to supplement it.



Composition

One capsule contains 50mg, 100mg or 200mg alpha lipoic acid in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate.

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):



Metabolism & Weight

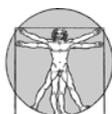


Cardiovascular System



**Immune System,
Cell Protection & Antioxidants**

Manufacturer:



VitaBasix®

by LHP Inc.

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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.

Subject to alterations and printing errors. Version May 2020