R-Alpha-Lipoic Acid
Bioactive Form
High Absorption and Enhanced Stability
100 mg

Product Summary

Alpha-lipoic acid (ALA) is a potent antioxidant, anti-inflammatory, neuroprotective, and mitochondrial nutrient. The R-isomer of ALA is a cofactor for mitochondrial enzymes and a substrate for glutathione reductase, it participates in the citric acid cycle and ATP production, and recycles other antioxidants, including vitamins C, E, CoQ10, and glutathione.1

R-Alpha-Lipoic Acid provides only the R-isomer, which increased plasma levels nearly 1.5 times higher in older populations than the commonly used racemic mixture (combined R- and S-isomers).2 ALA has also accelerated wound healing when combined with hyperbaric oxygen therapy, particularly the R-isomer.3,4 The R-isomer has a greater neuroprotective effect in an in vivo model of brain vascular injury, due to the S-isomer’s negative influence or lack of biological activity.5

ALA improved glycemic control and insulin resistance in type 2 diabetics, with clear benefit for the prevention and treatment of peripheral neuropathy.6,7,8 It improved endothelial function among individuals with impaired glucose tolerance, and increased weight loss among obese individuals.9,10 The R-isomer was significantly more effective than the S-isomer at improving insulin-stimulated glucose transport and metabolism in insulin resistant animal models.11

Unique Features

- R-Alpha-Lipoic Acid provides only the naturally occurring R-isomer, the only form utilized by mitochondrial enzymes, and only one synthesized in humans
- R-isomer has greater biological activity than the racemic mixture often used in supplements, a combination of the R and S isomers
- R isomer supplementation results in higher total plasma levels, as well as a shorter time to reach maximum levels in older individuals compared to racemic mixture
- ALA neutralizes reactive oxygen species and is a potent inducer of phase 2 antioxidant enzymes
- Enhances mitochondrial function and supports glutathione synthesis

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Supplement Facts

Serving Size: 1 capsule
Servings per Container: 60

Each Tablet Contains:
R-Alpha-Lipoic Acid .............................................................. 100 mg

Non-medicinal Ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate (lubricant), silica.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken.

Recommended Adult Dose: 1 capsule 2 times per day or as directed by a health care practitioner.

Recommended Use: Antioxidant for the maintenance of good health. Contains 100 mg of the highly stable, bioactive and natural ‘R’ form of alpha-lipoic acid. This natural form has been clinically proven to stay in the body far longer than the regular ‘S’ form of alpha-lipoic acid.

Contraindications: No known contraindications. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have diabetes. Keep out of reach of children.

Drug Interactions: ALA was shown to prevent drug-induced weight gain associated with atypical antipsychotics without reducing drug efficacy. Caution should be used with antidiabetes medications, as they may have additive hypoglycemic effects. Long term use may warrant low dose copper and/or thiamine supplementation.

References: