



# Alpha-Lipoic Acid

Antioxidant Support\*

NutriDyn's Alpha-Lipoic Acid is a potent formula for supporting antioxidant activity in the body, as well as energy production from carbohydrates.\* Alpha-lipoic acid (ALA) is a ubiquitous antioxidant and acts as a co-substrate to enzymes involved in cellular respiration (i.e. the process by which nutrients are converted to energy).

ALA is produced in humans normally, and is also present in nearly all foods. However, endogenous ALA and ALA sourced from foods are typically not readily available for use in the body as they are often bound to enzyme complexes.

Read on to learn more about how ALA works to support energy production throughout the body, support carbohydrate absorption, and act as an antioxidant.\*

## How Alpha-Lipoic Acid Works

In healthy individuals, ALA is found abundantly in metabolically-demanding tissues and organs throughout the body, particularly the heart, brain, kidneys, liver, and skeletal muscles. As an integral part of the cellular respiration, ALA assists in the synthesis of ATP — the energy currency of cells — from nutrients (particularly carbohydrates). It is suggested that supplementation prior to consuming a carbohydrate-based meal may support healthy blood glucose levels.<sup>1</sup>

Moreover, research has demonstrated that ALA has strong antioxidant properties throughout the body, purportedly by modulating gene transcription to support healthy oxidative stress levels.<sup>2\*</sup>

## Alpha-Lipoic Acid Supplementation

Given the nature of ALA for supporting overall health and well-being, supplementation can assist users in a multitude of ways.\* These evidence-based benefits may include:

- Supports energy production\*
- Supports antioxidant activity in cells throughout the body\*
- Supports healthy blood sugar balance\*



Form: 100 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Alpha-Lipoic Acid	200 mg	*

### Other Ingredients:

Microcrystalline cellulose, hydroxypropyl methylcellulose, vegetable magnesium stearate.

### Directions:

Adults take one capsule daily as a dietary supplement, or as directed by your healthcare practitioner.

*Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

#### References:

1. Konrad, T., Vicini, P., Kusterer, K., Höflich, A., Assadkhani, A., Böhles, H. J., ... & Usadel, K. H. (1999). alpha-Lipoic acid treatment decreases serum lactate and pyruvate concentrations and improves glucose effectiveness in lean and obese patients with type 2 diabetes. *Diabetes care*, 22(2), 280-287.
2. Moini, H., Packer, L., & Saris, N. E. L. (2002). Antioxidant and prooxidant activities of -lipoic acid and dihydrolipoic acid. *Toxicology and applied pharmacology*, 182(1), 84-90.