

ALPHA LIPOIC ACID

The Universal Antioxidant and its Benefits

Now Available in 600 mg Timed Release Tablets and 600 mg Capsules



The more research is done, the more we are amazed at the profound benefits of alpha lipoic acid. The compound was first famed for its role in the Krebs Cycle—one of the energy-producing functions of the cells—a tremendously important part of our health and vitality. Then, scientists discovered its potent, wide-ranging antioxidant capacities, leading to its nickname, the “universal antioxidant.” But now we know even more: research

shows that this incredible compound benefits energy metabolism, muscle energy, liver function, immune support, blood sugar balance, and cellular health. It benefits the nerves and eyes. It increases insulin efficiency. It also helps the body recycle other nutrients, making such vitamins as C and E more effective.

Perhaps most of all, alpha lipoic acid is still most highly esteemed as a phenomenal antioxidant. It is both water and fat-soluble. It can enter any area of the body and donate electrons to stabilize free radicals; this quenches oxidative effects on the cells, protecting them from harm.

Source Naturals now introduces ALPHA LIPOIC ACID in 600 mg timed release tablets and 600 mg capsules. This completes an entire suite of alpha lipoic acid products we have designed for your needs: 50 mg tablets, 100 mg capsules and tablets, 200 mg tablets, 300 mg capsules, 600 mg capsules and 300 mg and 600 mg timed release tablets. All are highly potent ways to receive all the benefits of the Universal Antioxidant.



Strategies for Wellness SM

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.

What is Alpha Lipoic Acid?

Alpha Lipoic Acid (ALA) was discovered in 1951. It is a sulfur-containing coenzyme, and when it was first isolated and studied, its main function was thought to be in the Krebs Cycle. Lipoic acid helps convert pyruvate, the compound formed by the energy process of glycolysis, or sugar-burning, into acetyl coenzyme A, a main fuel driving the Krebs cycle. Lipoic acid is also involved in alpha-ketoglutarate dehydrogenase, another key energy process in the Krebs cycle. As ALA binds to proteins in the mitochondria of the cells to form molecules, enzymes attach and the compounds create catalytic activity, the source of energy production in the cell. ALA is naturally synthesized in small amounts by plants and animals, and it is found in many foods, including spinach, beef, broccoli, and brewer's yeast.

In 1988, ALA was discovered to be a potent antioxidant, and is active in both fat- and water-soluble regions of the cell. In its varied forms, it has been shown to scavenge and terminate such free radicals as hydroxyl radicals, singlet oxygen and peroxynitrite. This means that the ALA molecule gives up one of its own electrons to stabilize the free radicals. The free radicals, then, do not harm other healthy molecules. The quenching of free radicals has been seen as a highly important aspect of healthy aging and healthy inflammation response. Many more benefits have now been discovered.

Multiple Functions, Multiple Benefits

- **Antioxidant** – ALA gives up an electron from its outer shell to stabilize free radicals. Since the free radical is stabilized, it does not attack healthy cells, so cellular function and vitality is supported. This benefits the eyes, the cardiovascular system, the liver, the skin...the entire body.

- **Regeneration of Antioxidants** – Spent antioxidants—ones that have already sacrificed their electrons to stabilize free radicals—must be reduced (regenerated) before they are able to scavenge additional oxygen or nitrogen species. ALA is a potent reducing agent, and therefore it reactivates helpful compounds like vitamin C, glutathione, vitamin E, and CoQ10, enabling them to do more for your health.

- **Cleansing/Detoxification** – ALA chelates onto transition metals; it attaches to them so they can be cleared from the body before harming cells. Binding to such metals as mercury, arsenic, cadmium and iron clears them from the blood, reducing the workload of the liver and improving cellular health.

- **Cellular health** – Transcription factors are proteins that bind to certain DNA sequences and either promote or repress the duplication of selected genes. ALA has been shown to balance the location and movement of the transcription factors, increasing healthy functioning of the cells.

- **Sugar balance** – ALA supports cellular mechanisms that are responsible for glucose uptake from the blood to the cells. It also increases insulin efficiency. Excess blood sugar can damage proteins in a process called glycation and it can lead to fat generation, weight gain, and the metabolic inflammation that may impact the health of the heart, brain, and cellular health. A healthy sugar balance affects cellular energy and the function of cells throughout the body.

- **Nerves and cognition** – ALA has been shown to improve memory in mammals and preliminary studies suggest that it stabilizes cognitive function.

In the SystemiCare™ model of healthcare, eight of the twelve deep metabolic systems of the body are positively influenced by ALPHA LIPOIC ACID... Energy, Cells/DNA, Inflammation Response, Antioxidant Defense, Sugar Regulation, Liver/Detox, Circulation, and Cognition/Nerves. The 600 mg tablets are time released, giving you sustained benefits throughout the day. Rarely do we discover nutrients that have such far-reaching, varied benefits for the body.

References

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