

Alpha Lipoic Acid 300mg

Thioctic acid

Presentation

A beige oval coated tablet.

Each tablet delivers:

Alpha Lipoic Acid 300mg
(also known as thioctic acid)

Tableted with:

Calcium Carbonate, Cellulose, Anti-caking agents (Magnesium Stearate, Silicon Dioxide, Stearic Acid), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
90

type
tablets

code
8522



Uses

Alpha Lipoic Acid (ALA), also known as thioctic acid or simply lipoic acid, is a vitamin-like substance that has generated much interest in the last few years, especially with regards to both its ability to act as a powerful antioxidant and its role in energy production.

Since it is difficult to obtain therapeutic amounts of Alpha Lipoic Acid through the diet alone, supplementation has become popular and it is now widely recommended by practitioners, particularly for those patients worn down by oxidative stress.

Each tablet provides a full 300mg of Alpha Lipoic Acid, making it one of the most potent products on the market.

Usage and administration

Up to 2 tablets daily. For general antioxidant support a lower dose of 1 tablet daily may be used.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those suffering from diabetes should consult a doctor prior to taking alpha lipoic acid as it may enhance insulin activity.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

