



Presents for your consideration:

Alpha R-Lipoic Acid (bioactive ALA)

- ◆ Biologically active form of alpha lipoic acid
- ◆ Acts as a metabolic antioxidant
- ◆ Critical role in regulating normal metabolism and energy production
- ◆ Powerful scavenger of dangerous free radicals
- ◆ Neuroprotective and regenerative
- ◆ Immunoprotective and supportive
- ◆ Supports reduction of inflammation
- ◆ Enhances glucose transport

Lipoic acid is a naturally occurring chemical produced by every cell in the body. Alpha Lipoic Acid has been called the “metabolic antioxidant” by Dr. Lester Packer, considered one of the world’s leading experts in antioxidant research. Even though Lipoic acid is made naturally within the body there is good evidence that our bodies can lose the ability to synthesize enough Lipoic acid when we need it most. Although the body produces small amounts of R-Lipoic acid necessary for metabolism, this may not meet the needs of the body for free radical quenching. Supplementation may be beneficial and can produce profound therapeutic benefits.

Chronic systemic inflammation is a prerequisite for ALL the chronic degenerative diseases of aging. Alpha R-Lipoic Acid has a positive effect in quenching inflammation!

Alpha RS-Lipoic acid (Alpha Lipoic Acid or ALA) has been used in Europe in doses between 500 to 1000mg per day, producing profound benefits in patients with glucose regulation disturbances, nerve conditions and insulin resistance.

Scientists are now applying the active form of ALA, Alpha R-Lipoic acid to even more challenging cases!

Alpha R-Lipoic Acid	Amounts per serving
Serving Size	1 veggie capsule
Number of servings per container	60
Alpha R-Lipoic Acid	50 mg

Suggested Dose: As a dietary supplement, take 1-2 capsules twice daily or as directed by your health care practitioner.

Consistently consuming large amounts of R-Lipoic Acid may help prevent viral activation, even in serious viral conditions. Severe neurodegenerative diseases are showing benefit from the use of R-Lipoic Acid.

How does R-Lipoic Acid differ from Alpha Lipoic Acid?

Molecules in living systems generally exist in only one form. When the same molecules are synthesized in the laboratory they consist of equal

amounts of both forms. Examples of this would include: dl-alpha tocopherol (synthetic Vitamin E) and d alpha tocopherol (natural Vitamin E). The synthetic 'unnatural' form of ALA is Alpha RS-Lipoic Acid or more commonly called alpha lipoic acid and the natural "fully active" form is alpha R-Lipoic acid. **The 'R' form is the proper structural fit for membrane receptors and enzymes and therefore is metabolized more efficiently and with much greater potency.**

Taking more synthetic ALA has not been shown to give the same benefit as R-Lipoic Acid. **It is best to avoid Alpha RS-Lipoic Acid!** Apparently the S-Lipoic Acid form actually interferes with the proper metabolism of the bioactive R-form. In one animal study with mice the consumption of ALA at high doses shortened their mean lifespan, but even low doses of the R-form increased their total lifespan.

Alpha R-Lipoic acid has been reported to be 10 times more powerful than standard Alpha RS-Lipoic Acid(ALA)!

References:

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2. Liu J, Killilea DW, et. al. **Age-associated mitochondrial oxidative decay: Improvement of carnitine acetyltransferase substrate binding affinity and activity in brain by feeding old rats acetyl-L-carnitine and/or R-alpha-lipoic acid.** Proc nat Acad Sci 99, 1876-1881, 2002.

3. Packer L, Tritschler HJ. **Neuroprotection by the Metabolic Antioxidant Alpha Lipoic Acid.** Free Rad Biol Med 22, Nos 1/2, 359-378, 1997.

4. Hermann R, Niebch G. **Enantioselective pharmacokinetics and bioavailability of different racemic alpha lipoic acid formulations in healthy volunteers.** Eur J Pharm Sci 4: 167-174, 1996.

5. Liu J, Head E, et al. **Memory loss in old rats is associated with brain mitochondrial decay and RNA/DNA oxidation: Partial reversal by feeding acetyl-L-carnitine and/or R-alpha lipoic acid.** Proc Natl Acad Sci USA 99, 2356-2361, 2002.

6. Liu J, Atamna H, et al. **Delaying Brain Mitochondrial Decay and Aging with Mitochondrial Antioxidants and metabolites.** Ann NY Acad Sci 959:133-166, 2002.

7. Hager K, Marahrens A et al. **Alpha lipoic acid as a new treatment option for Alzheimer type dementia.** Arch Geront Geriatr 32(3): 275-282, 2001.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Is the logical choice!