

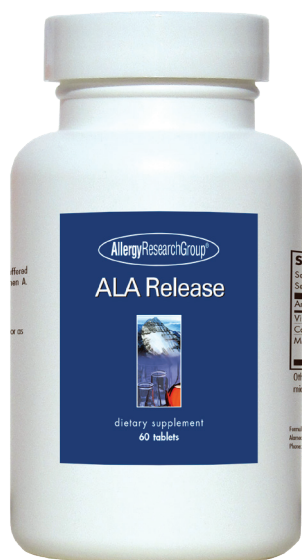
# ALA Release

## Advanced Lipoic Complex

Alpha-lipoic acid (ALA), an important metabolite synthesized in the mitochondria, is soluble in oil or water, and active in both extracellular and intracellular environments. Besides playing a key role in the production of cellular energy, ALA has important antioxidant functions.\* It also helps restore or recycle other antioxidants to their active states, including vitamins C and E, Coenzyme Q10, and glutathione.\*

Because R-lipoic acid is highly unstable and sensitive to heat, **ALA Release** utilizes a proprietary stabilized form of R-lipoic acid.

Biotin is added because long-term administration of alpha-lipoic acid may theoretically increase the need for biotin.\* Biotin may also extend the life of alpha-lipoic acid in the body.\*



#76330  
60 tablets

### Key Features

- Advanced formula with stabilized R-lipoic acid and biotin
- Supports blood sugar regulation, and healthy liver and nerves\*
- Participates in the mitochondrial production of cellular energy\*
- Provides crucial antioxidant activities, and recycles other antioxidants\*



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ALA is used in Europe to support liver health, blood sugar regulation, and the health of the nerves.\* It can enhance glucose uptake, inhibit the abnormal attachment of sugar to protein (glycosylation), and supports the health of nerve tissue, including the promotion of new axon and dendrite growth.\*

ALA protects in general from oxidative stress, and in particular it can help prevent the oxidation of LDL cholesterol.\*

ALA holds promise in the field of healthy aging, as it supports general metabolic and mitochondrial function.\* It may also chelate transition metals.\* ALA has been shown to help protect against cadmium, inhaled hexane, and *Amanita phalloides* mushroom poisoning.\* ALA can cross the blood-brain barrier, and has been shown to increase ATP production.\*

Alpha-lipoic acid can scavenge several reactive oxygen species, including hydroxyl radicals, peroxyxynitrite, hydrogen peroxide, hypochlorite, and singlet oxygen.\* Its reduced metabolite, dihydrolipoic acid (DHLA) can scavenge superoxide and peroxy reactive oxygen species.\* Alpha-lipoic acid is involved in mitochondrial metabolism, facilitating the oxidation of metabolites such as pyruvic acid and alpha-ketoglutarate.\* It also helps the oxidation of the branched-chain amino acids leucine, isoleucine and valine.\*

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## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving	% Daily Value*	
Biotin (as d-Biotin)	1 mg	333%
Calcium (as Calcium hydroxyapatite)	60 mg	5%
Phosphorus (as Calcium hydroxyapatite)	31 mg	2%
Alpha-Lipoic acid (as Thioctic Acid)	270 mg	†
R-Alpha-Lipoic acid (43 mg of R-Alpha Lipoic Acid sodium salt)	30 mg	†

† Daily Value not established.

Other ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

**Suggested Use:** As a dietary supplement, 1 tablet one or two times daily with food, or as directed by a health care professional.

**Warning:** Alpha-lipoic acid may lower blood glucose levels; those with diabetes or related conditions should monitor blood glucose levels. Pregnant or breast-feeding women, those with thiamine deficiency or thyroid disease, and children should use alpha-lipoic acid only under the supervision of a healthcare professional.