

# ALA 2/Day Alpha-Lipoic Acid



## Clinical Applications

- Provides Fat-Soluble and Water-Soluble Antioxidant Activity\*
- Support blood sugar balance\*
- Help maintain healthy blood pressure\*
- Supports the neurovascular system\*

*ALA 2/Day is a formula designed to help support healthy blood sugar levels and insulin balance. It combines lipoic acid with the biotin. Long-term supplementation of lipoic acid may reduce biotin levels because lipoic acid competes for biotin-dependent enzymes. Therefore, it is recommended that they are supplied together. Biotin also play important role in fostering healthy insulin function.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

ALA or Alpha-lipoic acid is one of the most adaptable antioxidants available to help maintain healthy cells. ALA's properties allow it to support blood sugar balance and help maintain healthy blood pressure, healthy intracellular glutathione levels. Supports the neurovascular system, as well as overall circulatory, blood vessel health, regeneration of vitamin C & E\*, Support blood sugar balance and cardiometabolic health.\*

ALA 2/DAY includes: Alpha-Lipoic Acid 600 mg & Biotin 449 mcg.

Research shows that lipoic acid competes for biotin-dependent enzymes. Long term supplementation of lipoic acid may reduce biotin levels, so it is recommended to supply them together.

**Lipoic acid** is a naturally occurring compound produced in the body that acts as a strong antioxidant and also supports the regulation of blood sugars. Studies indicate that lipoic acid aids healthy blood sugar levels by optimizing the function of insulin receptors (the sites where the insulin attaches so it can do its job) in order to support proper insulin balance. Antioxidants are substances that fight damaging free radicals in the body and, thus, are critical to the body's overall health and energy. Lipoic acid acts as an antioxidant, but also regenerates other important antioxidants, such as vitamins E and C.\*

**Biotin** is a member of the B complex involved in the manufacturing of fatty acids and glucose. It supports the health of the skin, nerves, digestive tract, metabolism and cells. It also helps to support healthy insulin sensitivity, which means that the body is able to use insulin efficiently and effectively to help maintain healthy blood sugar levels.

Lipoic Acid has been extensively researched for its applications in diabetes, blood sugar metabolism, heavy metal detoxification, liver health, hepatitis, and diabetic neuropathy. Lipoic acid has also been studied for its effects on the aging process and in the prevention of wrinkling by protecting collagen in the skin. Most importantly, it has been found to be an essential nutrient for diabetics to optimize the function of the insulin receptors.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per 2 Tablets	% Daily Value	
Biotin	449 mcg	150%
Calcium (as dicalcium phosphate)	110 mg	11%
Alpha-Lipoic Acid	600 mg	*

\*Daily Value not established.

Other Ingredients: Silicon dioxide, methylcellulose, stearic acid, cellulose, magnesium stearate, and cellulose coating.

**Suggested Use:** 2 tablets daily with food. 1 tablet 30 minutes before meal twice a day or as directed by your healthcare practitioner.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

This product was made in a GMP and ISO 9001:2008 registered facility.

Made in USA.

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ALA 2/Day Alpha-Lipoic

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.