



Super Once a Day Alpha Lipoic Acid

Nature's Harmony® Super Once A Day Alpha Lipoic Acid is a potent antioxidant that has multiple benefits for age-related health concerns. Primarily, Alpha Lipoic Acid, or ALA, is used to help control blood sugar levels and conditions caused by diabetes, such as nerve or eye damage.

PRODUCT CODE: 400125 (30 caps); 400113 (60 caps)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps reduce the symptoms of diabetic neuropathy. Acts as an antioxidant for the maintenance of good health.	Capsule	Adults take 1 capsule daily. Use for a minimum of two weeks and up to two months. Consult a health care practitioner for use beyond two months.

DESCRIPTION:

First discovered in 1950, ALA is crucial for the formation of adenosine triphosphate (ATP)--the energy molecules used by the body. ALA is known as the universal antioxidant because it is both water and fat soluble and, as such, helps to protect the body from oxidative damage. ALA works together with other antioxidants such as vitamins C and E, maximizing their potential benefits. ALA is most recommended for normalizing blood sugar and protecting against a destructive process called glycation, which is a marker for disease.

Recommended Daily Allowance: N/A

Food Sources: In limited amounts from liver, kidney, yeast, spinach, broccoli and potatoes.

Causes of Deficiency: Free radical damage, aging, diabetes.

Symptoms of Deficiency: Oxidative damage, symptoms of diabetes including nerve or eye damage.

Complementary Nutrients: Vitamins C and E, carnitine, essential fatty acids including GLA (gamma-linoleic acid).

HOW IT WORKS:

ALA is active in the mitochondria, or energy-producing core, found inside every cell of the body. It is involved in the process of transforming the foods we eat, especially carbohydrates, into energy. The body makes sufficient ALA for basic metabolic functions, but when there is a surplus of ALA available in the body, it can act as a free radical scavenger. (Supplementing is required to have extra ALA in the body.) Specifically, ALA offers protection for the delicate cell structure and DNA in the body, and can help "recycle" other antioxidants for continued use.



DID YOU KNOW...

Alpha lipoic acid helps to reduce the rate of wrinkle formation.

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RESEARCH:

There has been extensive research with ALA, most notably at the University of California, Berkeley. Most of this research surrounds the use of ALA for age-related conditions, from heart disease to diabetes and Alzheimer's. In Europe, several studies have shown ALA to have significant benefits for diabetic peripheral neuropathy, or the nerve damage caused by high blood sugar levels. Other studies indicate that ALA can improve insulin sensitivity and glucose clearance.

SIDE EFFECTS:

ALA appears to be safe and well tolerated. In some instances, it may cause skin rash. If this occurs, discontinue use and consult your health care practitioner.

INTERACTIONS AND SAFETY CONSIDERATIONS:






Do not use if pregnant or breastfeeding. Consult a health care practitioner if under 18 years of age.

ALA may interfere with diabetes medication and alter blood sugar levels. Diabetics taking ALA, should monitor blood sugar levels regularly. This is also the case if ALA is combined with other supplements that lower blood sugar, such as ginseng, garlic and psyllium.

OTHER CONSIDERATIONS:

High doses of ALA may increase the risk of vitamin B1, or thiamine, deficiency. Alcoholics are most at risk for this deficiency and, therefore, should consider supplementing with a B-complex vitamin or multi-vitamin if taking high doses of ALA.

LABEL:

 <p>Acide alpha-lipoïque 600 mg Super un-par-jour</p> <p>Un antioxydant pour le maintien d'une bonne santé</p> <p>60 capsules NPN 80008783</p>	<p>Usage recommandé : Aide à réduire les symptômes de neuropathie diabétique. Agit comme antioxydant pour le maintien d'une bonne santé.</p> <p>Dose recommandée (adultes) : Prendre 1 capsule par jour. Utiliser pendant au moins deux semaines et jusqu'à deux mois. Consulter un praticien de soins de santé pour un usage de plus de deux mois.</p> <p>Ingrédients médicinaux : Chaque capsule contient : Acide alpha-lipoïque 600 mg</p> <p>Ingrédients non médicinaux : cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, gélatine.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.</p> <p>Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé avant d'en faire l'usage si vous avez moins de 18 ans.</p> <p>Recommended Use: Helps reduce the symptoms of diabetic neuropathy. Acts as an antioxidant for the maintenance of good health.</p> <p>Recommended Dose (Adults): Take 1 capsule daily. Use for a minimum of two weeks and up to two months. Consult a health care practitioner for use beyond two months.</p> <p>Medicinal Ingredients: Each capsule contains: Alpha Lipoic Acid 600 mg</p> <p>Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.</p> <p>This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or artificial colours, flavours, or preservatives.</p> <p>Risk Information: Do not use if pregnant or breastfeeding. Consult a health care practitioner if under 18 years of age before taking this product.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.</p> <p>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Alpha Lipoic Acid 600 mg Super Once-a-Day</p> <p>An antioxidant for the maintenance of good health</p> <p>60 Capsules NPN 80008783</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. 41 Commerce Crescent Acton, ON L7J 2Y3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p> F.P.O. - 80% LPC CODE TO BE: 028047 00119 3</p> <p>400113.01-103</p>
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