

# Alpha Lipoic Acid

**Alpha Lipoic Acid** - Alpha Lipoic Acid is an antioxidant, a substance that neutralizes potentially harmful chemicals called free radicals, and converts glucose (blood sugar) into energy. ALA will be more beneficial for individuals with some of the following conditions:

- Diabetes or higher than normal blood sugar levels;
- Have high cholesterol levels;
- Are affected by cataracts (in early stages);
- Cardiovascular problems such as hardening of arteries.

Action:

- ALA helps make vitamin C and E work better;
- ALA is a powerful antioxidant that fights free radicals;
- It's easily absorbed either from food eaten or from supplements;
- ALA helps increase glutathione which helps with detoxification;
- ALA helps protect the lens and retina of your eyes from degeneration, and also helps alleviate glaucoma;
- ALA is used to treat and detoxify the liver.

Obviously, the 2 biggest benefits from supplementing ALA is its powerful antioxidant properties, and its ability to help increase Glutathione levels which plays a big role in dissolving toxic substances in the liver.

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## Drug name

Alpha Lipoic Acid

## Drug Uses

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Obviously, the 2 biggest benefits from supplementing ALA is its powerful antioxidant properties, and its ability to help increase Glutathione levels which plays a big role in dissolving toxic substances in the liver.

## How Taken

As a dietary supplement, take one to six capsules daily, with or without food.

## Drug Class and Mechanism

Alpha Lipoic Acid is a fatty acid found naturally inside every cell in the body. It's needed by the body to produce the energy for our body's normal functions. Alpha Lipoic Acid converts glucose (blood sugar) into energy.

Alpha Lipoic Acid is also an antioxidant, a substance that neutralizes potentially harmful chemicals called free radicals. What makes Alpha L

## Missed Dose

If you miss a dose of ALA, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

## Storage

Store ALA at room temperature, between 68 and 77 degrees F (20 and 25 degrees C). Store away from heat, moisture, and light. Keep ALA out of the reach of children and away from pets.

## Warnings Precautions

You should not use this medication if you are allergic to Saw Palmetto, or have certain conditions. Be sure your doctor knows if you have:

- a bleeding or blood clotting disorder (such as hemophilia);
- stomach ulcer with active bleeding; or
- ulcerative colitis or Crohn's disease.

Before taking saw palmetto, talk to your doctor, pharmacist, herbalist, or other healthcare provider. You may not be able to use this product if you have:

- liver disease;
- heart disease;
- a heart rhythm disorder;
- a history of stomach ulcer; or
- asthma or other breathing disorder.

Do not take saw palmetto without telling your doctor if you are pregnant or plan to become pregnant during treatment. Saw palmetto may be harmful to an unborn baby. It is not known whether saw palmetto passes into breast milk or if it could harm a nursing baby. Do not use this product without telling your doctor if you are breast-feeding a baby. Do not give any herbal/health supplement to a child without the advice of a doctor.

### **Possible Side Effects**

ALA has few if any side effects. The recommended daily dose is between 50mg to 100mg, and higher doses can cause nausea and upset stomachs, and excessive doses can even lead to low blood sugar. On the plus side, taking Alpha LA can sometimes lead to a mild and relaxing feeling, and lead to a better feel of well-being.

### **More Information**

Animal studies indicate that ALA may alter thyroid hormone levels, so it could theoretically have the same effect in humans. People taking thyroid medications such as levothyroxine should be monitored by their healthcare provider.

### **Site:**

[Alpha Lipoic Acid](#)