

Alpha lipoic acid (ALA) is a fatty acid that functions like a vitamin, although it is not classified as a vitamin. As a coenzyme, ALA plays an important role in the metabolism of glucose that produces energy in cells. ALA also has antioxidant properties and thus is important for controlling free radicals. Because it is soluble in both water and fat, ALA is sometimes referred to as the "universal antioxidant."

**Supports the body's defenses
against free radicals***

**Recycles antioxidant nutrients such as
vitamin C and vitamin E***

**Helps maintain a healthy blood sugar level
when used as part of the diet***

*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.

Manufactured for **Doctor's Best, Inc.**

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**Doctor's
BEST®**

**Science-Based
Nutrition™**

**Dietary
Supplement**

**Best
Alpha-Lipoic
Acid**

DEFENDS AGAINST FREE RADICALS*

150mg / 120 Capsules

Supplement Facts

Serving Size 1 capsule

Servings per container 120 servings

	Amount per serving	% Daily Value
Alpha Lipoic Acid	150 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), gelatin (capsule).

Suggested Adult Use: Take 1 to 6 capsules daily, with or without food.

Not Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS



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