

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 300

DEFENDS AGAINST FREE RADICALS*

300 mg / 180 Veggie Caps

Supplement Facts

Serving Size 1 capsule

Servings per container 180 servings

Amount per serving % Daily Value		
Alpha lipoic acid	300 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), magnesium silicate, silicon dioxide, rice powder.

Suggested Adult Use: Take 1 or 2 capsules daily, or as recommended by a nutritionally-informed physician. Take with or without food.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS



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