

AST
SPORTS SCIENCE

STABILIZED

Na-R-ALA 200

90
CAPSULES

Na-R[+]-ALPHA LIPOIC ACID
HYPER-GLUCOSE TRANSPORT SYSTEM
DIETARY SUPPLEMENT

NOW IN
VEGGIE
CAPS!

Na-R-ALA 200™

New Stabilized **Na-R[+]-ALA-200™** is a potent multi-soluble antioxidant that protects against oxidative stress, supports healthy cell mitochondria, and preserves youthful cellular energy. It works to shuttle more glucose into muscle tissue, modulates EPO release, and elevates intracellular glutathione for enhanced antioxidant cellular protection. **Na-R[+]-ALA-200™** also works to regenerate the antioxidant activity of vitamin C, vitamin E, and coenzyme Q10.

Na-R[+]-ALA-200™ is a state-of-the-art R[+]-ALA bonded in a sodium structure that stabilizes the fragile R[+]-ALA isomer from heat, air, light and time deterioration as well as inactive polymerization. This new sodium based R[+]-ALA form is also over 20 times more bioavailable than regular R[+]-ALA resulting in far greater peak blood levels of active, non-polymerized lipoic acid.†

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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120 Capital Drive,
Golden, CO 80401
1-800-627-2788

AST-SS.COM

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Supplement Facts

Serving Size: **1 Capsule**
Servings Per Container: **90**

Amount Per Serving:	%DV
Na-R[+]-Alpha Lipoic Acid	200 mg *

*Daily value not established.

Other Ingredients: Dicalcium phosphate, hypromellose, microcrystalline cellulose, magnesium stearate, sodium stearyl fumarate, silica.

Recommended Use: As a dietary supplement, take 1 capsule three times daily with meals.

For enhanced creatine effectiveness, take 2 capsules with a serving of Micronized Creatine and VP2 Whey Isolate 30 minutes after workout or athletic event.

