

R-ALA-200™ is a potent antioxidant and pro-insulin mimicker. It works to shuttle more glucose into muscle tissue as well as produce intracellular glutathione for enhanced cellular protection. **R-ALA-200™** contains 200 milligrams of pure R[+]-ALA per capsule. R[+]-alpha lipoic acid is the natural active enantiomer of lipoic acid and has been shown in research to be far more bioavailable making it significantly more potent and effective than standard R,S alpha lipoic acid supplements. Keep container tightly closed in a cool, dry and dark place. Keep out of the reach of children. †

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

AST Sports Science
120 Capital Drive, Golden, CO 80401
1-800-627-2788 • www.ast-ss.com REV#R-ALA614



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AST SPORTS SCIENCE

R(+)-ALPHA LIPOIC ACID

200
R-ALA™

**HYPER-GLUCOSE
TRANSPORT
SYSTEM**

Dietary Supplement
90 Capsules Net wt: 200 mg

Supplement Facts

Serving Size: **1 Capsule**

Servings Per Container: **90**

Amount Per Serving:	%DV
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R[+]-Alpha Lipoic Acid	200 mg	*
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*Daily value not established.

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.

Other Ingredients: Dicalcium phosphate, magnesium stearate, gelatin.

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TRAINING SERIES

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