Alpha-lipoic acid (ALA) is a fatty acid that functions like a vitamin. ALA plays an important role in the metabolism of glucose that produces energy in cells. Lipoic acid is required for synthesis of acetyl CoA, a key metabolite in the cellular process that turns glucose (blood sugar) into energy. 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."*

**Helps support the body's defenses against free radicals***

**Helps recycle 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.**

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Doctor's BEST®

Science-Based Nutrition™

# Alpha-Lipoic Acid 300

HELPS DEFEND AGAINST FREE RADICALS*

Vegan

Dietary Supplement

300 mg / 180 Veggie Caps

## Supplement Facts

Serving Size 1 veggie 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), microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source).

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

**Non-GMO / Gluten Free / Soy Free / Vegan**
Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**
California, USA
**(800) 777-2474 www.drbvitamins.com**