

Alpha-lipoic acid (ALA) is a naturally occurring antioxidant, essential for the functioning of 5 enzymes involved in glucose and amino acid metabolism. ALA is both a coenzyme and a potent antioxidant. Mitochondria, our cells' energy generators, use ALA for both protection and to generate cellular energy. Being active in both the water and the fatty compartments of cells, ALA fights free radicals throughout the body.

Helps promote healthy blood sugar metabolism as part of a healthy diet*

Helps support mitochondrial energy production*

Helps support the body's defenses against free radicals*

Helps recycle antioxidant nutrients such as Vitamin C and Vitamin E*

*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.



YDRB249-2



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

Alpha-Lipoic Acid 600

**HELPS SUPPORT GLUCOSE METABOLISM
AND REGENERATE ANTIOXIDANTS***



600 mg / 180 Veggie Caps

Supplement Facts

Serving Size 1 capsule

Servings per container 180 servings

Amount per serving % Daily Value		
Alpha-lipoic acid	600 mg	†

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), silicon dioxide, microcrystalline cellulose, magnesium stearate (vegetable source), magnesium silicate.

Suggested Adult Use: Take 1 capsule daily, preferably between meals. Higher intakes may be appropriate, 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.drbitamins.com