

**AST**  
SPORTS SCIENCE

**NOW IN  
VEGGIE  
CAPS!**

**R-ALA 200™**

**90**  
CAPSULES

**R (+) ALPHA LIPOIC ACID**  
HYPER-GLUCOSE TRANSPORT SYSTEM

Dietary Supplement Net Wt 200 mg

**R-ALA 200™**

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 Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Supplement Facts**

Serving Size: **1 Capsule**

Servings Per Container: **90**

Amount Per Serving:	%DV
<b>R[+]-Alpha Lipoic Acid</b>	<b>200 mg *</b>

\*Daily value not established.

**Other Ingredients:** Dicalcium phosphate, magnesium stearate, vegetable cellulose capsule.

**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.

**AST SPORTS SCIENCE**

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