



Category 10  
Specialty Supplements



**GOODFORYOU**

GOOD FOR LIFE

**ALPHA LIPOIC ACID**

(Heavy Metal Poisoning) #103042

60 Caps

**Description:** **Alpha-Lipoic Acid** has antioxidant qualities that are very effective in treating heavy metal poisoning and radiation injury. Helps prevent nerve dysfunction in Diabetes mellitus.

**Contents / Ingredients**

**Alpha-Lipoic (or Thiocctic) Acid** is a fatty acid which performs as an antioxidant in a manner similar to vitamin B-complex. **Alpha-Lipoic Acid** is produced naturally by the body and usually is sufficient for its needs. In certain situations it will be necessary to take in greater amounts, for example those who exercise, suffer from metal toxicity, diabetes or viral infections.

**Traditional Therapeutic Action**

**Supplement Facts:** (Serving Size 1 Capsule)

Amount Per Serving

**Alpha Lipoic Acid**..... 250 mg (\*)

(\*) Daily Value not established

Other ingredients: Rice flour, gelatin (capsule) and magnesium stearate.

Contains no yeast, wheat, gluten, corn, soy, milk, egg, sugar, salt, preservatives or colors.

It seems to be most effective as an antioxidant, at scavenging hydroxyl and peroxy radicals, hypochlorous acid, singlet oxygen and nitric oxide. Exceptions may include; hydrogen peroxide, or superoxide radicals. **Alpha-Lipoic Acid** also enhances other antioxidants, vitamin C, vitamin E and glutathione. This reflects its unique ability to function in both lipid and water phases.

In the treatment of heavy metal poisoning **Alpha-Lipoic Acid** is a very effective treatment. Tests conducted showed it effective against arsenic, cadmium and mercury poisoning, but not gold, or lead. Its metal chelating activity is effective for cadmium, copper and iron. Radioactive metabolites, found in children in Chernobyl, appear to have been chelated by **Alpha-Lipoic Acid** and vitamin E. Kidney and liver functions were normalized.

Non-obese mice were less prone to diabetes when taking **Alpha-Lipoic Acid** because of the increase in the glucose uptake. Clinical tests in Germany show protection against diabetic polyneuropathy. Large doses of **Alpha-Lipoic Acid** may produce hypoglycemia, so constant monitoring is required when using these high amounts. A safe and effective oral intake for a diabetic adult weighing between 120 to 150 pounds may be 400 to 500 mg and 600 to 700 mg.

Anti-oxidant treatment has shown to prevent nerve dysfunction in diabetes mellitus. Findings substantiate that intravenous treatment with **Alpha-Lipoic Acid** of 600 mg a day over a three week period reduced symptoms of diabetic peripheral neuropathy, without causing significant adverse reactions.

**SUGGESTED DOSAGE:** As a dietary supplement, take one capsule daily, preferably with meals.

**CAUTION:** A safe and effective oral intake for a diabetic adult weighing between 120 to 150 pounds may be 400 to 500 mg and 600 to 700 mg. **Please discard the inedible freshness packet enclosed**

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.