

**Alpha Lipoic acid** is a natural antioxidant. Among other benefits, it: 1) helps the body more effectively rid itself of harmful environmental substances;<sup>1</sup> 2) synergistically decreases oxidative stress, when combined with nutraceuticals such as curcumin;<sup>2</sup> 3) enhances energy to the mitochondria (the powerhouse of the cells);<sup>3</sup> and 4) supports cardiovascular<sup>4</sup> and neurological<sup>5</sup> health.

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<sup>1</sup> **Dihydrolipoic acid inhibits tetrachlorohydroquinone-induced tumor promotion through prevention of oxidative damage.** Wang YJ, Yang MC, Pan MH. Food Chem Toxicol. 2008 Dec;46(12):3739-48. [www.ncbi.nlm.nih.gov/pubmed/18951944](http://www.ncbi.nlm.nih.gov/pubmed/18951944)

<sup>2</sup> **Lipoic acid as an anti-inflammatory and neuroprotective treatment for Alzheimer's disease.** Maczurek A, Hager K, Kenkies M, et al. Adv Drug Deliv Rev. 2008 Oct-Nov;60(13-14):1463-70. <http://www.ncbi.nlm.nih.gov/pubmed/18655815>

<sup>3</sup> **Dihydrolipoic acid activates oligomycin-sensitive thiol groups and increases ATP synthesis in mitochondria.** Zimmer G, Mainka L, Krüger E. Arch Biochem Biophys. 1991 Aug 1;288(2):609-13. [www.ncbi.nlm.nih.gov/pubmed/1832845](http://www.ncbi.nlm.nih.gov/pubmed/1832845)

<sup>4</sup> **Cardioprotective effects of dihydrolipoic acid and tocopherol in right heart hypertrophy during oxidative stress.** Thürich T, Bereiter-Hahn J, Schneider M, Zimmer G. Arzneimittelforschung. 1998 Jan;48(1):13-21. [www.ncbi.nlm.nih.gov/pubmed/9522025](http://www.ncbi.nlm.nih.gov/pubmed/9522025)

<sup>5</sup> **Neuroprotection by the metabolic antioxidant alpha-lipoic acid.** Packer L, Tritschler HJ, Wessel K. Free Radic Biol Med. 1997;22(1-2):359-78. [www.ncbi.nlm.nih.gov/pubmed/8958163](http://www.ncbi.nlm.nih.gov/pubmed/8958163)