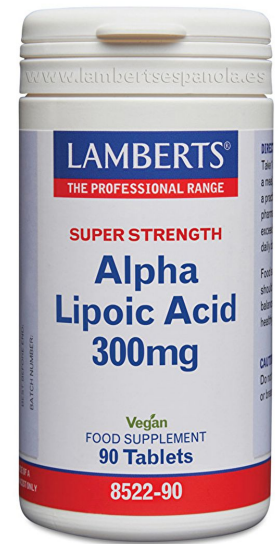


Alpha Lipoic Acid 90 Tablets

EAN: 5055148409845

FABRICANTE: LAMBERTS



Alpha lipoic acid influences almost every cell in the body. It assists all of the B vitamins, including thiamin, riboflavin, pantothenic acid, and niacin, to convert carbohydrates, proteins, and fats found in food into energy that the body can store for later use.

DESCRIPTION

Alpha Lipoic Acid (ALA), also known as thioctic acid or simply lipoic acid, was discovered over 40 years ago and was originally thought to be a vitamin; however, when researchers discovered that our bodies could synthesize it, the "vitamin" status was lost. This vitamin-like substance has generated a lot of interest in recent years, especially regarding both its ability to act as a potent antioxidant, as well as its role in energy production.

Structurally, it is a fatty acid containing two sulfur atoms (at carbon 6 and carbon 8) linked by a disulfide bridge. It can be synthesized by the body from octanoic acid. Its sources include spinach, broccoli, liver, heart, kidney, and brewer's yeast.

The body's ability to synthesize this substance from the diet is very limited and it is therefore difficult to obtain effective amounts of Alpha Lipoic Acid. The nutritional and clinical use of lipoic acid was recognized and commercially promoted in the mid-1950s.

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Each tablet provides:

Alpha Lipoic Acid (also known as thioctic acid.)	300 mg
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Allergen note

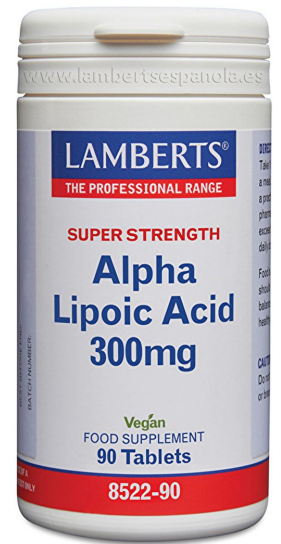
The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.





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Precautions

This product is not recommended for pregnant or breastfeeding women. Diabetics should consult their physician before taking alpha lipoic acid, as it may enhance the action of insulin.


Instructions for use

Take 1 to 2 tablets daily on an empty stomach.
As a general antioxidant support, a lower dose, 1 tablet daily, may be used.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
<https://bio-farma.es/buy/flamberts/alpha-lipoic-acid-90-tablets>

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