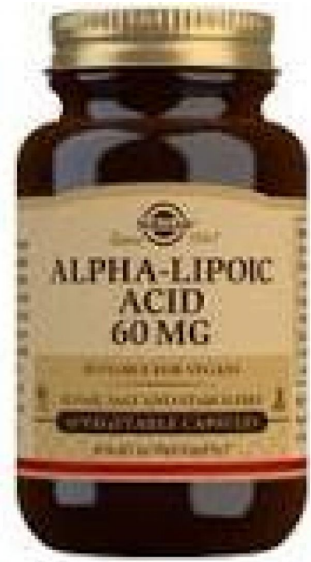


Alpha Lipoic Acid 60 mg 30 Vegetable Capsules

EAN: 033984000551

FABRICANTE: SOLGAR



Solgar Alpha Lipolic Acid is a food supplement that helps to have beautiful skin due to its antioxidant effect, while it regulates blood cholesterol levels and helps control excess weight in obese people.

DESCRIPTION

What is Solgar alpha-lipolic acid and what is it used for?

Solgar Alpha Lipolic Acid is an antioxidant food supplement, helps reduce weight in people with obesity and lowers cholesterol levels.

What are the ingredients in Solgar Alpha Lipolic Acid?

One Solgar Alpha Lipolic Acid capsule contains:

- Alpha Lipolic Acid 120mg
- Bulking agent: microcrystalline cellulose;
- Anti-caking agent: vegetable magnesium stearate;
- Vegetable capsule: hydroxypropylmethylcellulose.

What dosage should I take of Solgar Alpha Lipolic Acid?

You must take Solgar Alpha Lipolic Acid by mouth. You should take one or two vegetable capsules a day, with a glass of water and preferably with meals.

Can I take Solgar Alpha Lipolic Acid if I am pregnant?

We advise you to consult your doctor if you are pregnant, before taking Solgar Alpha Lipolic Acid, although Alpha Lipoic Acid has been shown to be possibly safe when taken orally. It has been used safely during pregnancy in doses up to 600 mg daily for up to 4 weeks.

Can I take Solgar Alpha Lipolic Acid if I am breast-feeding my child?

If you are breast-feeding your child, check with your doctor before taking Alpha Lipolic Acid because there is not enough information to show that it is safe to take Alpha Lipolic Acid while breastfeeding.

If I am going to undergo surgery, can I take Solgar Alpha Lipolic Acid?

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Alpha lipoic acid may lower blood sugar levels. Alpha lipoic acid might interfere with blood sugar control during and after surgery. Stop taking alpha lipoic acid 2 weeks before elective surgical procedures.

Does Alpha Lipolic Acid interact with alcohol?

If you drink alcohol you should be careful: Alcohol can reduce the amount of thiamin (vitamin B1) in the body. Taking alpha lipoic acid when there is a shortage of thiamin can cause serious health problems.

Are there any drug interactions with Solgar Alpha Lipolic Acid?

- Alpha-lipoic acid decreases how **thyroid hormone** works in the body, therefore taking Solgar's alpha-lipoic acid with thyroid hormone might decrease the effects of thyroid hormone.
- **Cancer drugs.** Alpha lipoic acid is an antioxidant. If you are taking medicine for cancer, talk to your doctor before taking Solgar Alpha Lipolic Acid.
- Drugs that slow blood clotting (**anticoagulant** / antiplatelet drugs). Alpha lipoic acid might slow blood clotting. Taking alpha-lipoic acid along with medications that also slow blood clotting can increase the risk of bruising and bleeding. Therefore, check with your doctor before taking Solgar Alpha Lipolic Acid.
- **Medications for diabetes.** Taking alpha-lipoic acid along with diabetes medications can cause your blood sugar to drop too low. You should talk to your doctor before taking Solgar Alpha Lipolic Acid.

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