



NATROL®

Alpha Lipoic Acid

300 mg

NATROL®

Alpha Lipoic Acid

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings per container: (300mg) 50 capsules

Recommended daily dosage: Take 1 capsule daily with a meal

Ingredient	Amt per Serving
Alpha Lipoic Acid	300 mg

Natrol's guiding philosophy is "Quality Uncompromised." This is what sets Natrol apart from other brands on the market - our total commitment to researching, developing and manufacturing the best nutritional solutions for your lifestyle needs. We have been successfully achieving this high standard for more than 22 years.

Since 1980, Natrol has been committed to researching, developing and manufacturing the best nutritional solutions for your lifestyle needs. We've built a state-of-the art laboratory and manufacturing facility with control systems that ensure our product exceeds the highest standards available, and we're proud to have earned an "A" rating in the National Foods Association's GMP "Good Manufacturing Practices" program.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent and disease.

Sole Authorized Distributor:
Pharmtech (Caribbean) Limited

23 South Trunk Road,
La Romaine, San Fernando
Trinidad, W.I.

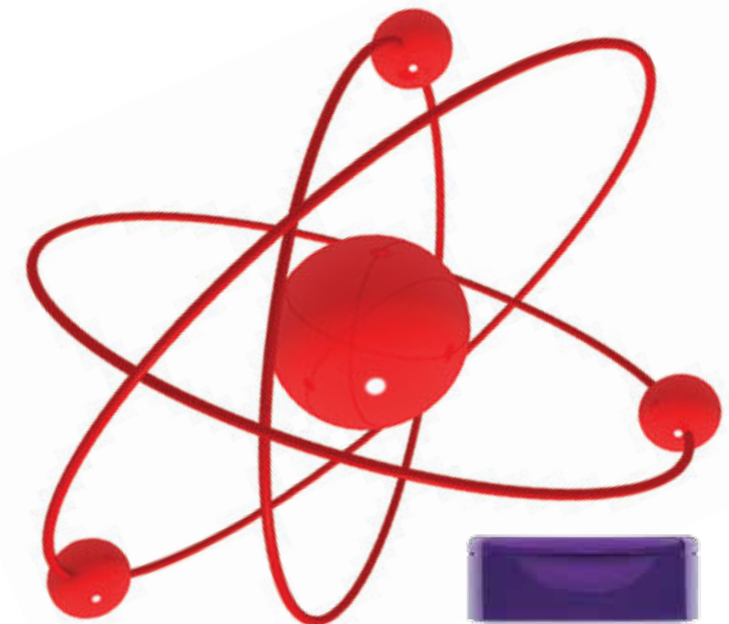
Tel#: 868-657- 1887 Telefax: 868-657-7456
Website: www.pharmtechcaribbean.net

Available at all leading pharmacies

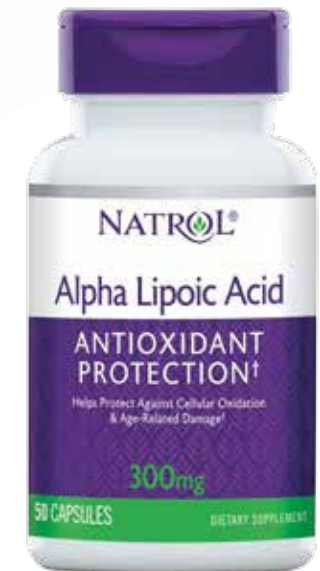
Nourishing the Potential of Mind and Body

www.natrol.com

NATROL®



- Powerful Antioxidant
- Water and Fat Soluble
- Supports Vitamin C & E at the Cellular level
- Supports glucose uptake (by the body's cells)



Nourishing the Potential of Mind and Body

NATROL®



NATROL®

Alpha Lipoic Acid

300 mg



What are free radicals?

Free radicals destroy cell membranes, damage DNA and are believed to be a root cause of more than sixty chronic and degenerative diseases including cancer and heart diseases. Some researchers have even linked these naturally occurring compounds to the aging process itself. Free radicals are created within the body as a matter of course. Natural functions such as breathing and eating produce substantial numbers of free radicals, as does exercise and exposure to

sunlight. Unnatural promoters of these compounds include tobacco smoke, poor diet and environmental pollutants.

What is an antioxidant?

Antioxidants neutralize the destructive effects of free radicals.

Alpha Lipoic Acid What is it?

Alpha Lipoic Acid is a cofactor in vital energy producing reactions in the body and potent biological antioxidant. Several qualities distinguish alpha lipoic acid from other antioxidants and it has been described as the “universal” or “ideal” antioxidant. It neutralizes free radicals in both the fatty and watery regions of cells, in contrast to vitamin C (which is water soluble) and vitamin E (which is fat soluble).

Alpha Lipoic Acid has been found to provide protective benefits against oxidative processes involved in degenerative disease and premature aging. It effectively boosts cellular levels of glutathione (one of the body’s most powerful antioxidants), and has potent antioxidant action in almost all the tissues of the body.

Alpha Lipoic Acid plays a vital role in transforming food into adenosine triphosphate (ATP), the body’s fuel for energy. In addition to functioning as an antioxidant, this hard working nutrient assists the B vitamins in producing energy from the proteins, carbohydrates and fats consumed through foods.

One of the most beneficial effects of alpha lipoic acid is the ability to regenerate other essential antioxidants, such as vitamin C and E, coenzyme Q10 and glutathione.

Health Benefits

Treats symptoms of nerve damage in people with diabetes:

Known as diabetic neuropathy, this often very painful condition tends to develop in people who have had uncontrolled diabetes for a long time. The neuropathy may be caused in part by free-radical damage to nerves resulting from poorly regulated blood sugar (glucose). As an antioxidant, Alpha Lipoic Acid helps to block such damage. In addition, because of its effect on glucose metabolism, lipoic acid may improve the glucose lowering action of insulin (the hormone that regulates blood sugar).



Preserves brain function:

Alpha Lipoic Acid may improve long-term memory and slow aging of the brain.

Boosts energy and fights aging:

Because Alpha Lipoic Acid is a broad spectrum antioxidant and immune system booster, it may be able to play a valuable role in increasing energy and maintaining overall health.

Shrinks appetite:

Research has indicated that Alpha Lipoic Acid can play a key role in reducing appetite and therefore have the potential to treat obesity. When the body’s levels of fuel (glucose and fat) drop, the activity of an enzyme known as AMPK is increased. While high levels of this enzyme make you feel hungry, Alpha Lipoic Acid may cause AMPK activity levels to drop, and so will food intake, weight and blood sugar levels.

Lessens numbness and tingling:

Alpha Lipoic Acid may benefit anyone whose limbs tend to tingle or become numb, or “fall asleep” due to nerve compression. It has been shown to increase blood flow to the nerves and improve transmission of nerve impulses.

Protects the liver and boosts liver function: As an antioxidant Alpha Lipoic Acid shields the liver from potentially harmful cell changes and assists it in flushing toxins from the body.

Helps keep skin healthy: Alpha Lipoic Acid has been found to protect against the oxidative processes involved in premature aging.

One daily capsule can provide several possible benefits for cellular protection, skin, brain, nerve and liver health and even overall well-being. Therefore this antioxidant is an excellent addition to your daily health regimen.