

R-ALA

ALPHA LIPOIC ACID

**POWERFUL
NATURAL
ANTIOXIDANT**



**ENANTIOMERIC
FORMULA
50% RACEMIC**

DESCRIPTION

Alpha lipoic acid is a well-known antioxidant that is both water-soluble and fat-soluble. **R-ALA** from **HERO Tech Nutrition®** provides an amount of 250 mg of alpha lipoic acid. **R-ALA** formula is a 50% racemic alpha lipoic acid (R). It is a non-essential fatty acid with a well-defined structure containing two sulfur atoms and a chiral center, giving rise to the R and S enantiomeric forms. Several studies have determined that doses of 300 mg to 1200 mg of alpha lipoic acid have shown an improvement of the symptoms or deficits of diabetic polyneuropathy, showing benefits at cardiovascular level and improvement of insulin sensitivity.

DIRECTIONS

Take a daily dose (1 capsule) with a meal.

PRESENTATION

Jar of 50 capsules.

INGREDIENTS

Bulking agent (E460), alpha lipoic acid (racemic 50% R/S), glazing agent (E464), maltodextrin, bulking agent (E466), anti-caking agents (E470b, E551), colour (E171). **WARNINGS:** Store in a cool, dry place. Heat and sunlight may damage the bottle. Keep out of the reach of children. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Don't exceed the recommended daily dosage. Diabetic people should consult their physician before taking this product. **May contain traces of gluten, milk, egg, soy, fish and crustaceans.**

NUTRITIONAL INFORMATION

Amount per dose.....	1 capsule
Alpha lipoic acid (Racemic 50% R-S).....	250 mg
- Alpha lipoic acid (R-ALA)	125 mg
- Alpha lipoic acid (S-ALA)	125 mg

Recommended daily dose: 1 capsule
Dose per container: 50