Lipoic Acid

The Moss Nutrition Professional Line

CLINICAL STRENGTH ANTIOXIDANT & BLOOD SUGAR SUPPORT

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings Per Container: 60</th>
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<tbody>
<tr>
<td><strong>Amount</strong></td>
<td><strong>% Daily Value</strong></td>
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<tr>
<td>Alpha Lipoic Acid</td>
<td>300 mg</td>
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**Other Ingredients:** Cellulose (capsule), vegetable stearate, microcrystalline cellulose, silicon dioxide.

**SUGGESTED USE:** 1 CAPSULE PER DAY, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

- Pure alpha-lipoic acid in a high potency capsule.*
- Universal antioxidant: active in both fat-soluble and water-soluble environments.*
- Researched support for healthy blood sugar, healthy metabolic function and healthy skin & eye function.*

**Lipoic Acid** offers clinically researched, high potency antioxidant support providing 300 mg of pure alpha-lipoic acid per capsule.

LIPOIC ACID (LA/alpha-lipoic acid/thioctic acid) is a vitamin-like, organosulfur compound. It is produced naturally within the body in small amounts and is considered a conditionally essential nutrient.

Lipoic acid is known as the “universal antioxidant” due to its being soluble in both fat and water mediums. It is able to scavenge highly reactive compounds in a wide range of body tissues, and has been researched extensively since the early 1990s for its powerful antioxidant activity and for the roles it plays in energy production and glycation.

Early lipoic acid research focused on its benefit in helping to prevent downstream complications from blood sugar dysregulation, notably retinal effects. Subsequent human and animal studies have explored additional mechanisms and benefits for LA. These include: helping to protect against ischemia-reperfusion injury, helping to protect liver, eye and brain cells, helping to induce Phase II detoxification enzymes and helping to preserve and support collagen in the skin. The ability of lipoic acid to function as a redox regulator of proteins such as myoglobin, prolactin, thioredoxin and NF-kappa B transcription factor has been a further subject of investigation.

Lipoic acid plays an essential role in mitochondrial dehydrogenase reactions and, as lipoate, forms a key component of the pyruvate dehydrogenase complex that produces acetyl coenzyme A for use in the Krebs cycle, which enables cellular respiration. For this reason, lipoic acid is often included in protocols intended to promote healthy metabolism and increased energy levels.

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

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Alpha-lipoic acid also exhibits anti-inflammatory effects and has been suggested to help support cardiovascular health and insulin metabolism. Research suggests it may support healthy triglyceride levels, and help inhibit the expression of sticky, atherosclerosis-promoting cellular adhesion molecules by increasing the activity of endothelial nitric oxide synthase.

Lipoic acid has been shown to bind to insulin receptor sites at the tyrosine kinase domain and to enhance glucose uptake in adipocytes and muscle cells, helping to decrease high levels of circulating glucose to support healthy blood sugar balance. In Europe, it is approved for the treatment of blood sugar imbalances and related complications, as well for as a variety of liver conditions.

A lesser known role for lipoic acid may be in helping to improve skin tone, texture and elasticity. In animal studies, the nutrient has exhibited a curative effect on cigarette-induced skin injury via anti-oxidative and anti-inflammatory pathways. Ongoing research in animals and humans suggests that lipoic acid may offer meaningful protection from the harmful effects of both age and sunlight-induced damage to healthy skin. Eye and visual health also have been shown to benefit from lipoic acid supplementation. In one study, patients with impaired visual function taking 150 mg of lipoic acid per day showed significant improvement after one month of treatment. This benefit was suggested to be a result of the antioxidant properties of LA, as well as its direct positive influence on ocular tissue metabolism.

REFERENCES

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