



Alpha Lipoic Acid w/ GlucoPhenol

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What Is It?

Alpha Lipoic Acid w/GlucoPhenol supports glucose and fat metabolism, and overall cardiometabolic health, by maintaining healthy cellular function and inflammatory balance. Each serving delivers 200 mg alpha lipoic acid for metabolic support and cardioprotection along with 25 mg polyphenols from GlucoPhenol, a novel, proprietary blend of cranberry and Orléans strawberry extracts developed and studied as part of a research collaboration with the Institute of Nutraceuticals and Functional Foods (INAF).*

Uses for Alpha Lipoic Acid w/GlucoPhenol

Cardiometabolic Health: Alpha lipoic acid is a multifaceted nutraceutical substantiated by over 15 years of clinical research. In a recent double-blind, placebo-controlled trial, daily alpha lipoic acid supplementation provided statistically significant support for both fasting and post-prandial blood glucose. In a randomized placebo-controlled study of 68 subjects, alpha lipoic acid supported healthy endothelial dilation, an important measure of cardiovascular health. By maintaining healthy activity of the genomic inflammatory messenger nuclear factor kappa B (NFκB), alpha lipoic acid helps maintain the ability of cells to utilize glucose. In addition, alpha lipoic acid promotes the activity of PGC-1α and AMP kinase (AMPK), two critical regulators of mitochondrial function. By supporting the synthesis of new mitochondria, alpha lipoic acid enhances the ability of the cell to metabolize both carbohydrates and fats (Figure 1). These actions are associated with metabolic homeostasis in fat, liver, muscle and vascular tissue. GlucoPhenol is a unique blend of cranberry and Orléans strawberry standardized extracts. Polyphenols found in both fruits support the function of enzymes, receptors and genes involved in glucose uptake and cytokine signaling. Specifically, polyphenols maintain inflammatory balance by targeting NFκB (Figure 1). This genomic factor regulates genes involved in both inflammatory and glycemic responses. Scientists attri-

bute the successful cardiometabolic outcomes in clinical research to inflammatory balance achieved through gene expression.*

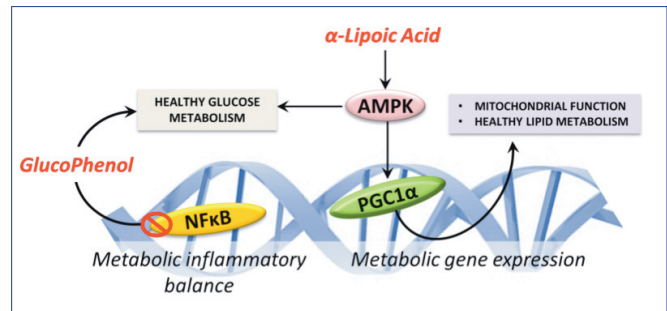


Figure 1. Cardiometabolic mechanisms of alpha lipoic acid and GlucoPhenol. In fat and muscle cells, alpha lipoic acid targets the enzyme AMP kinase (AMPK), which activates a cellular receptor known as PGC-1α. PGC-1α helps support healthy metabolism of both carbohydrates and fats. GlucoPhenol promotes healthy activity of the genomic regulator NF kappa B (NFκB) to help maintain metabolic inflammatory balance.*

What Is The Source?

Alpha lipoic acid (thioctic acid) is synthetic. GlucoPhenol proprietary blend contains 25 mg of polyphenols from Orléans strawberry (*Fragaria vesca var Orléans*) extract (fruit) and cranberry (*Vaccinium macrocarpon*) extract (fruit). Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, with meals.

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

For educational purposes only. Consult your physician for any health problems.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Alpha lipoic acid has been associated with gastrointestinal upset or skin rash in sensitive individuals. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Individuals on anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

Alpha Lipoic Acid with GlucoPhenol

each vegetable capsule contains  V 0

alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol proprietary blend	138 mg
providing:	
25 mg of polyphenols from Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	
ascorbyl palmitate (fat-soluble vitamin C)	5 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: rice maltodextrin, magnesium hydroxide	

1-4 capsules per day, in divided doses, with meals.



— Your Trusted Source —

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