What Is It?
Sodium R-alpha-lipoic acid is a highly bioavailable and stabilized form of R-lipoic acid. Regular R-lipoic acid is heat sensitive and may polymerize extensively, decreasing its absorption significantly. In real-time stability tests, sodium R-lipoic remained stable for 12 months. The natural R isomer of alpha-lipoic acid may provide enhanced antioxidant activity, energy production, and general metabolic function.*

Uses For R-lipoic acid (stabilized)
Nerve Health: In a recent in vitro study at the Buck Institute for Aging in California, R-lipoic acid moderated oxidative stress in neurons. A related study demonstrates the ability of R-lipoic acid to support memory tasks in animals by supporting mitochondrial function and protecting cells from free radicals.*

Glucose Metabolism: An animal study suggested that R-lipoic acid supported healthy glucose metabolism. Additional studies suggest that R-lipoic acid promotes glucose metabolism in skeletal muscle.*

Antioxidant Support: A University of California Berkeley study indicates that R-lipoic acid may be protective against age-related oxidative stress in the liver. Furthermore, a study at Oregon State University established a potential role for R-lipoic acid in protecting the heart from age-related oxidative stress.*

What Is The Source?
Pure Encapsulations R-Lipoic Acid (stabilized) delivers 100 mg of actual R-lipoic acid per capsule from 143 mg of synthetically derived sodium R-alpha-lipoic acid. Sodium is from sodium carbonate. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations
Pure Encapsulations recommends 1–2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?
If pregnant or lactating, consult your physician before taking this product. R-lipoic acid may cause gastrointestinal discomfort in some individuals and should always be taken with meals. In rare cases, R-lipoic acid may also cause skin rash in sensitive individuals.

Are There Any Potential Drug Interactions?
People taking anti-diabetic medications or medications for thyroid disease should be monitored by a health care professional.

R-Lipoic Acid

<table>
<thead>
<tr>
<th>Each vegetable capsule contains</th>
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<tbody>
<tr>
<td>sodium</td>
<td>14 mg</td>
<td></td>
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<tr>
<td>R-lipoic acid (from 143 mg sodium R-alpha-lipoic acid)</td>
<td>100 mg</td>
<td></td>
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<tr>
<td>vitamin C (as ascorbyl palmitate)</td>
<td>5 mg</td>
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<tr>
<td>other ingredients: sodium carbonate</td>
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