

Alpha-Lipoic Acid

In: **Liver Biome+** · 600+ studies

Summary

The 'universal antioxidant' — both water and fat soluble. Recycles vitamins C, E and glutathione.

Lead Researcher

Prof. Lester Packer

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Selected Peer-Reviewed Citations

[1] Alpha-lipoic acid as a biological antioxidant. *Free Radical Biology & Medicine*, 1995.
<https://pubmed.ncbi.nlm.nih.gov/7649494/>

[2] Alpha-lipoic acid in metabolic syndrome. *Nutrients*, 2019.
<https://pubmed.ncbi.nlm.nih.gov/31726678/>

[3] ALA and hepatic function: review. *Antioxidants*, 2020.
<https://pubmed.ncbi.nlm.nih.gov/32872074/>

TruWe formulas use clinically-studied actives at effective doses. Third-party tested · FSSAI · GMP. Educational use only — not medical advice.