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**Alpha Lipoic Acid**

Alpha lipoic acid (ALA) is a naturally occurring fatty acid that plays essential roles at the cellular level, including energy production. As a supplement, ALA has been used to support the treatment of various conditions such as diabetes, HIV, cancer and liver ailments. Recently, it has garnered increased attention for its potential benefits in promoting weight loss.

**Overview**

Alpha lipoic acid, also known as ALA, provides the body with a powerful antioxidant that supports essential cellular functions and protects against damage. Alpha lipoic acid is naturally produced by the body and can be obtained from dietary sources such as red meat, organ meat, vegetables and yeast. Once administered, ALA injections are quickly absorbed and distributed throughout the major organs.

**Uses and Benefits of Alpha Lipoic Acid**

Alpha lipoic acid strengthens the body’s defense system by enhancing and recycling other antioxidants like vitamins C and E, coenzyme Q10 and glutathione. It plays a vital role in the conversion of glucose to energy within the mitochondria. By mimicking insulin, ALA injections improve glucose metabolism and insulin sensitivity, facilitating the transportation of glucose into cells and reducing fat storage. Additionally, ALA enhances the conversion of carbohydrates into energy, limiting their conversion into fats​. These effects support weight management and optimal blood sugar levels, making ALA injections beneficial for individuals looking to improve their metabolic health.

**Alpha Lipoic Acid Injections:**

1. May slow memory loss

2. May fight premature skin aging from UV damage

3. Help maintain optimal blood sugar levels and insulin sensitivity

4. Reduce the risk of oxidative damage and inflammation

5. Support healthy nerve function and reduce symptoms of neuropathy

6. Enhance energy production and metabolism

7. Support cardiovascular health and protect against heart-related complications

8. May boost immune system function and enhance disease resistance

**Concentration:** 25mg/mL

**Route of Administration**: For IV Injection only

**Side Effects of Alpha Lipoic Acid**

Although not all side effects are known, alpha lipoic acid is thought to be possibly safe when taken as directed.

**Stop using ALA injections and call your doctor right away if you experience any:**

– Low blood sugar indicated by headache, hunger, weakness, sweating, confusion, irritability, dizziness, tachycardia (fast heart rate), or feeling jittery

– Light-headedness

**Some common side effects include:**

– Nausea

– Skin rash

– Itching

– Abdominal pain

– Vomiting

– Diarrhea

Please note that this is not an exhaustive list of side effects. If you have any questions or need further information, it is recommended to consult your doctor or healthcare provider.