

Cyto·ALA

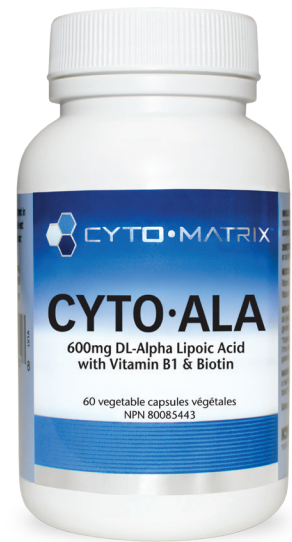
Nerve protection, sugar regulation, liver support and detoxification benefits. All in one stable anti-oxidant compound, for targeted support with your patients.

Each vegetable capsule contains:

DL-Alpha lipoic acid	600 mg
Vitamin B1 (thiamine HCl)	20 mg
Biotin	200 mcg

60 Vegetarian capsules

Non-GMO, Gluten, soy and dairy free.



Free radicals are found ubiquitously in our bodies thanks to the many environmental pollutants, toxins, processed foods, illnesses and daily stressors that we are surrounded by. Alpha-Lipoic Acid (ALA) is a powerful antioxidant capable of protecting us on a cellular level from these damaging free radicals.

ALA is a unique compound in that it is both fat-soluble and water-soluble, making its antioxidant activities functional inside and outside of the cell. This dual ability makes ALA capable of regenerating a variety of other antioxidants in the body such as vitamin E, vitamin C, coenzyme Q10 and glutathione. Regeneration

is most important as we age because our bodies are less able to absorb and recycle these nutrients, while being more susceptible to the damaging effects of free radicals from the environment.

Clinical trials have found that ALA is effective in a wide range of circumstances, most notably to regulate blood sugars and reduce the symptoms of peripheral neuropathy in those with diabetes. Research has also shown that ALA is useful in binding mercury, protecting the liver, reducing pain in peripheral artery disease and improving cognitive function in those with Alzheimer's disease.

Key points

- Contains a racemic mixture of pure and stable Alpha-Lipoic Acid (ALA), studied for its ability to regulate blood sugars, reduce symptoms of diabetic neuropathy, improve cognition and aid in detoxification through heavy metal binding and improved liver function
- Provides 600mg of ALA per vegetable capsule, allowing for simplified dosing and improved patient compliance
- Added biotin and vitamin B1 prevent possible side effects or nutrient depletions that may occur with sole supplementation of ALA in therapeutic doses over long-term duration

Thiamine, more commonly known as vitamin B1, is also very supportive for the nervous system. In fact, it is well-known that overt deficiencies of thiamine can lead to peripheral neuropathy and supplementation of various B1 forms are quite protective for the nerves, leading to decreased pain, tingling and numbness in those with diabetic neuropathy. Interestingly, research has found that high doses of ALA can lead to toxic side effects in individuals with thiamine deficiencies, making it necessary and sensible to supplement the two nutrients together.

Finally, biotin, a nutrient most well-known for supporting hair and skin tissue, must also be considered when discussing ALA supplementation. Research has shown that large supplemental doses of ALA on its own can cause a biotin deficiency as each nutrient competes with one another for absorption.

Cyto-Matrix's Cyto-ALA provides 600mg of stable ALA per capsule. A low dose of thiamine and biotin are included to prevent deficiencies and counteract possible side effects that can occur with therapeutic dosing of ALA.

Related products

ACES+Zinc
Cyto-Ubiquinol
DB-Matrix
Mito-Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, hypromellose.

Indications: Helps to promote healthy glucose metabolism. Provides antioxidants for the maintenance of good health.

Directions: Adults-Take 1 capsule per day or as directed by a healthcare practitioner.

Warnings: Do not use if safety seal is broken. Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you have diabetes. Discontinue use and consult a healthcare practitioner if you experience sweating, paleness, chills, headache, dizziness or confusion - these may be symptoms of serious low blood sugar.