

Lipoic Acid Supreme

Alpha Lipoic Acid and Taurine



FOUNDATIONAL HEALTH



Designs for Health's Lipoic Acid Supreme provides 300 mg of alpha lipoic acid and 500 mg of taurine per 1-capsule serving to promote metabolic health, healthy glucose metabolism, and antioxidant status in the body.* Together, these ingredients support antioxidant status and help promote healthy blood glucose metabolism.*

Lipoic acid is a sulfur-containing compound that helps the body respond to oxidative stress.* Both the oxidized and reduced forms of lipoic acid support the regeneration of other antioxidants, including glutathione (the body's master antioxidant) and vitamins C and E, and coenzyme Q10. In the body, lipoic acid supports modulation of the hormone insulin and certain inflammatory pathways.* Lipoic acid has also been shown in research to be able to cross the blood-brain barrier helping to support brain health by promoting the body's antioxidant status in the brain.*

Taurine is a sulfur-containing amino acid that plays an important role in energy metabolism and metabolic health.* Taurine also helps maintain healthy blood glucose and lipid metabolism, and it supports insulin and mitochondrial function.* This formula is ideal for individuals seeking support maintaining a healthy glycemic response and metabolic function.*

Taurine is also an amino acid found in all mammalian tissues, but not in plant foods. Taurine is synthesized from the amino acids methionine and cysteine, but the body's internal capacity to produce it is estimated to be very low in humans, making taurine a conditionally essential amino acid. This means that it is nonessential but can become essential in certain circumstances, such as pregnancy or illness. Taurine also supports antioxidant status and mitochondrial function by helping to scavenge free radicals and supporting the stabilization of mitochondrial membranes.*

Benefits*

- Supports antioxidant status in the body
- Supports normal glucose metabolism
- Promotes a healthy inflammatory response
- Supports healthy mitochondrial function

Highlights

- 300 mg alpha of lipoic acid and 500 mg of taurine per 1-capsule serving to support metabolic health*
- Vegetarian capsule delivery; suitable for vegans and vegetarians
- Gluten-free, dairy-free, and soy-free
- Non-GMO

Recommended Use

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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