

“Universal Antioxidant”

ALA



There’s one antioxidant that’s so important in helping boost the brain’s health, many enthusiasts call it a “universal antioxidant.” In fact, more than 20 years ago this supplement was one of the first to be identified and recommended by alternative doctors to combat dementia.

It’s the miracle behind restoring your aging cells to make you look and feel younger.

This potent antioxidant is alpha-lipoic acid (**ALA**), a fatty acid that’s found in every cell. The body uses it to covert blood sugar (glucose) into energy. Besides neutralizing free radicals, it’s been shown to increase the production of acetylcholine, a brain chemical that’s a key component of memory.

In addition, alpha-lipoic acid can restore other oxidized (deactivated) forms of antioxidants, including vitamins C and E, and bring them back to life. Normally, C and E neutralize one free radical and they’re done. A reaction with ALA recycles them so they can go back to work and neutralize another free radical. When free radicals are neutralized, and inactive antioxidants are restored, memory function can improve.

Two Types of ALA Supplements Available

If you’re considering taking an alpha lipoic acid supplement, two types are found in health food stores and online. One is R-alpha-lipoic acid (R-ALA) and the other is S-alpha-lipoic acid (S-ALA).

R-ALA is the form found naturally in the body and S-ALA is a synthetic byproduct created during the production of ALA.

When selecting a supplement, be sure to look for 100% R-ALA;

otherwise you’re probably getting a mixture. Studies suggest the naturally occurring form is more bioavailable.

If you’d like to get alpha-lipoic acid in the food you eat, it’s found in red and organ meats such as liver, kidney and heart. Dark leafy greens, broccoli, peas, brussels sprouts, spinach, collard greens.



The information provided is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner.