



Biological Therapies

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*“Alpha lipoic acid
in a convenient liquid form
for enhanced absorption”.*



Biological Therapies

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Bio-Logical Alpha Lipoic Acid Solution

ORAL LIQUID



Aust L 97898



Description:

Bio-Logical Alpha lipoic acid solution contains the antioxidant α -lipoic acid (Thioctic acid).

This dose of α -lipoic acid is in convenient liquid form and packaged in a tamper proof bottle together with a graduated dropper for ease of measurement.

Composition:

Each 1mL of Bio-Logical Alpha lipoic acid solution contains 50mg of α -lipoic acid.

Indications:

α -lipoic acid is a potent antioxidant which assists in glucose metabolism, assists in the recycling of vitamins C & E and Glutathione and may be a useful adjunct in the chelation of heavy metals.

Discussion:

α -lipoic acid is a natural and essential cofactor in multienzyme dehydrogenase complexes, such as pyruvate dehydrogenase (converts pyruvate to acetyl-coenzymeA in oxidative glucose metabolism) and α -ketoglutarate dehydrogenase (part of the Krebs cycle). α -lipoic acid is vital in glucose metabolism.

α -lipoic acid (LA) and its redox partner Dihydrolipoic acid (DHLA) have potent antioxidant activity. Four distinct antioxidant actions of LA and DHLA have been observed:

- reactive Oxygen species (free radical) scavenging activity
- capacity to regenerate endogenous antioxidants such as Glutathione, vitamin C and vitamin E
- metal chelating activity
- repair of oxidized proteins.

LA has been prescribed in Germany for over 30 years for the treatment of diabetes-induced neuropathy.

There have been four recent controlled clinical studies evaluating LA for the treatment of diabetes-induced neuropathy, and one study for the treatment of cardiovascular autonomic neuropathy. The overall conclusions are: (1) 3-week treatment with i.v. LA (600 mg) reduced the main symptoms of diabetes induced polyneuropathy; (2) the effect is accompanied by an improvement in neuropathic deficits; (3) oral treatment with LA (800–1800 mg) for 4–7 months appears to improve neuropathic deficits and cardiac autonomic neuropathy; (4) preliminary data also suggest an improvement in motor and sensory function in lower limbs; (5) LA has an excellent safety profile at oral doses up to 1800 mg/day.

LA also increases insulin sensitivity and glucose metabolism in diabetic patients. In a randomized, placebo-controlled, multicenter study, oral LA (600, 1200, or 1800 mg per day) was administered to 74 patients with type 2 diabetes for 4 weeks. Subjects in each arm of the study had a similar degree of hyperglycemia and insulin sensitivity at baseline. Compared with the placebo group, a greater percentage of patients who received LA treatment exhibited an increase in metabolic clearance rate (MCR – a measure of glucose disposal) and insulin sensitivity. No differences were observed among groups receiving the different doses of LA. Thus, patients from each arm were combined into a single group for comparison with those who received a placebo. Overall, insulin sensitivity improved approximately 17% following LA treatment ($p < 0.05$).

Fasting plasma glucose did not change, but there was a trend toward reduced fasting insulin.

Intravenous LA is considerably more effective than oral LA for improving glucose disposal and various endpoints in peripheral neuropathy, however oral LA is an effective, non-toxic dose form and may be taken for prolonged periods.

Product Warning:

α -lipoic acid may alter glucose disposal or insulin sensitivity in people who are taking insulin or insulin sensitizing drugs. Diabetic medications need to be monitored and may need to be adjusted accordingly.

Dosage:

Adult dosage: Take 10mL daily in a glass of water or juice, or as directed by your practitioner.



“10mL daily in a glass of water or juice...”