



# Alpha lipoic acid 200

## For targeted intake

### Alpha lipoic acid

Alpha lipoic acid, also called thioctic acid, is a sulphur- containing substance that is, to a minor degree, produced by the body. This high-quality product contains alpha lipoic acid in its natural, readily bioavailable R-form. In the 1950s, alpha lipoic acid was isolated from liver tissue and investigated with regard to its physiological functions.

### Biogena Alpha lipoic acid 200 for targeted intake

Biogena Alpha lipoic acid 200 contains 200 mg alpha lipoic acid in pure, concentrated form.

### Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Fructose-free
- Lactose-free
- Hypoallergenic
- Plant-based capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
R-alpha lipoic acid	200 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

Alpha lipoic acid, hydroxypropyl methyl cellulose (capsule shell).

### RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid, 30–45 minutes before a meal.

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## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 18 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 11.08.2018.



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