

Alpha Lipoic Acid / Acetyl L-Carnitine

Helpful For Managing:

- Neuropathy concerns - myelin sheath protection
- Nerve discomfort and sensitivity
- Blood sugar related nerve stress
- Oxidative overload and chronic inflammation

Why This Duo Works:

Alpha Lipoic Acid provides powerful antioxidant protection and inflammation support. It is made inside the mitochondria (those tiny powerhouses inside every cell in your body) where it helps key enzymes turn nutrients into energy and protects cells from oxidative damage, including those in your kidneys.

Acetyl-L-carnitine is important amino acid for many body processes. It is made in the human brain, liver, and kidneys. Acetyl-L-carnitine enhances nerve signaling while boosting energy metabolism. It is sometimes used for Alzheimer disease, improving memory and thinking skills, combat mental fatigue, symptoms of depression, and reducing nerve pain in people with diabetes.

Precautions: Generally considered safe and well tolerated.

Avoid if you have a history of seizures.

Not indicated if you have been diagnosed with a bi-polar condition since it may impact serotonin levels.

May decrease effectiveness of thyroid medications, those with underactive thyroid - hypothyroid.

May lower blood sugar; people with diabetes should monitor blood glucose levels while taking to see if glucose lowering medications need to be adjusted.

Warfarin blood thinner medication – may increase effects.

Reduce if experience increase in headaches, tingling, skin rashes or muscle cramps.

