

Info shared by Pitbull SA.

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Alpha lipoic acid.

Alpha lipoic acid (ALA) - neutralizes free radicals
helps regenerate Vitamins C and E by increasing their effectiveness in
scavenging free radicals
have positive affects the metabolism and leading to increased energy.

Alpha lipoic acid (ALA) is the one and only antioxidant that is both
water and fat soluble.

This is a great thing because it means that alpha lipoic acid can reach all
parts of the body's cells.

This gives the cells ability to trap free radicals inside the body.

With **less** free radicals floating around in the body, the healthier the
dog will be.

With aging (part of life) and the free radicals damage caused inside the
dogs body, **you can** help prevent the acceleration by giving your dog

enough alpha lipoic acid.

This will give the cells all the power they need to fend off the damage and help keep the body aging acceleration and enhance good health.

Alpha lipoic acid is also responsible for increasing the levels of glutathione.

Glutathione increases the body's ability to get rid of toxins.

Alpha lipoic acid can also cross the barrier from the blood into the brain.

Therefore the important substance can be used throughout the body and where it is needed.

By reaching the cells of the brain, the alpha lipoic acid **can** eliminate toxins in the brain, which can prevent memory loss and dementia.

Another great thing about alpha lipoic acid is that it has the ability to recycle itself along with other important nutrients including vitamin C and vitamin E.

With this ability, the alpha lipoic acid and the other antioxidants continue ridding the body of toxins over and over again.

This enables the body to use the alpha lipoic acid in many beneficial ways.

Alpha lipoic acid is also being used for diabetes.

The important nutrient can help speed up the removal process of the glucose from the blood as well as preventing tumors from growing larger.

Sources of Alpha lipoic acid.

Is found in;

Green leafy vegetables - spinach, collard greens, chard, broccoli, and other dark green vegetables and these are **also** good sources of nutrients.

Animal products – lean meats, fish and dairy.

Yeast a healthy food that contains alpha lipoic acid.

Commercial supplements.

When it comes to administrate alpha lipoic acid supplements it is important to find **the correct form of alpha lipoic acid.**

Most of the supplements on the market are **synthetic form of the nutrient.**

This can be found on labels as **S-alpha lipoic acid.**

In order to get the true benefits of the vital nutrient read the label and true form.

This is then labeled as R-alpha lipoic acid.

This form can be much harder to find and may need to be prescribed by your vet.

When offering the correct form of alpha lipoic acid you do give nearly as much as the body absorbs it much quicker.