



Alpha-Lipoic Acid



Overview

This is an antioxidant that's found in all of your cells. It helps turn glucose (a type of sugar you get from foods) into energy.

How do we get it?

Your body actually makes alpha-lipoic acid for you. But many of the things you eat are also good sources. It's in red meat, liver and other organ meats. It's also in a variety of vegetables. It's in broccoli, spinach, tomatoes and potatoes. It's in brewer's yeast, too.

Health benefits

So, what does it do for you? We're still studying the role of alpha-lipoic acid in the body. It may play a role in the health of the brain, nerves, skin, eyes and other parts of the body. It may also help lower blood sugar levels.

Free radicals

Because it's an antioxidant, alpha-lipoic acid bonds to harmful chemicals called "free radicals." These chemicals are unstable. They can harm cells in your body. Antioxidants give them something to bond to so they don't harm your cells.

Conclusion

For more info about the role alpha-lipoic acid plays in your health, talk to your doctor.