

NUVO LIFE CARE

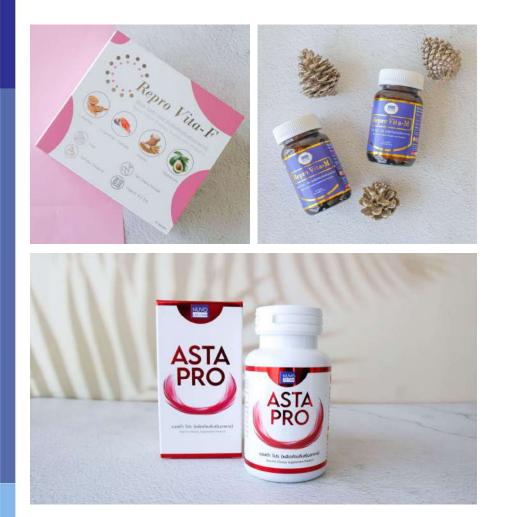
Your health, we care

ABOUT US





We formed the company seeing the infertility problems nowadays. Thus, together with infertility specialists, we developed the supplement, "REPRO VITA-F. REPRO VITA-M, ASTA PRO" Seeing the difficulties of women in taking calcium during pregnancy, we utilized our best innovation and developed "NUVO CALCIUM JELLY", a jelly that is suitable for everybody. Here, we also started the studies on hair and skin care product for pregnant women. We established MY DEAR MOM, a brand created for pregnant women. Our products are produced in an internationally accredited factory. All products are certified by trustworthy organizations.



NUVO LIFE CARE "YOUR HEALTH, WE CARE"

Infertility problem keeps growing nowadays. Couples who wish to have a child to fulfill their family try to find ways to improve their fertility, such as using herbs or following some beliefs. Many of them fail from these methods. Moreover, some false beliefs could even lead to health problems.

Therefore, we work with infertility specialists, who have more than 14 years of experience, to develop supplements that consist of essential benefits. The ingredients we use are supported by studies, ensuring that they help with pregnancy. The product is encapsulated in an appropriate amount for consumption. This is an alternative way for people who look for supplements before having children. Our product is safe and full of benefit at a reasonable price.





Supplements for people with infertility



Repro Vita-F





Repro Vita-M

Asta Pro



Repro Vita-F

Supplement for women which helps enhance the ovarian With over 22 ingredients to enhance the ovum Balance hormone levels and enhance skin to be brighter

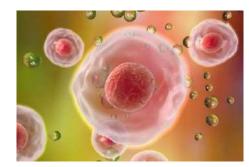
- Increase egg cells
- Increase fertilization and pregnancy rate
- Is an antioxidant that helps with wrinkles
- Enhance skin to be healthier
- Balance digestive system
- Enhance body immune and other systems
- Easy to eat and carry. Has no side effect



Who is suitable for Repro Vita-F?



Women who receive infertility treatment



Women who want to improve egg cells



Women who want to enhance body immune



Women who want to increase the chance of pregnancy



Women who want to take care of their skin

Repro Vita-F

Key ingredients

• L-Carnitine, L-Tartrate: They help with egg and embryo development, increase the chance of fertilization and pregnancy

 \cdot Inositol: It enhances egg cell quality, reduces underdeveloped eggs, and reduces the need of medication

• Gamma Oryzanol: It helps prevent stress-related diseases, is an antioxidant, and reduces the risk of obesity and inflammation

• Fibersol: It prevents cancer cell development

In total, there are 22 beneficial ingredients that help with egg quality and women's health in order to maintain the best health before having a child. Plus, it also helps with bright skin.

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	ก้อาหารเสริมสำหรับผู้ห <mark>เะกอบสำคัญใน 1 เ</mark> <i>Repro Vi</i>	งอง
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1	รีซิสแทนท์ มอลโทเด็กซ์ทริน (ไฟเบอร์) (Resistant Maltodextrin) (Fiber)	3,000 มก./mg
	แอล-อาร์จีนิน (L-Arginine)	1,000 มก./mg
	แอล-การ์นิทึน แอล-การ์เกรต (L-Carnitine L-Tartrate)	500 มก./mg
1	แมกนีเซียม อะมิโน แอซิด คีเลด 20% (Magnesium Amino Acid Chelate 20%)	500 มก./mg
	อิโนชิทอล (Inositol)	150 Un./mg
J	แทมมาโอไรชานอล (Gamma oryzanol)	100 UN./mg
	ผงการ์ตเชอร์รี่ (Tart Cherry Powder)	100 มก./mg
	กรดแอสคอร์บิก (วิตามิน ซี) (Ascorbic Acid (Vitamin C)	60 มก./mg
	กรดอัลฟ่า-ไลโปอิก (Alpha-Lipoic Acid)	50 มก./mg
	ดีแอล-แอลฟา-โทโคเฟอริลแอซีเทต 50% (วิตามิน อี) (DL-alpha-tocopheryl acetate 50%) (Vitamin E)	20 มก./mg
	ໄนอาชีนาไมด์ (ວັຕາມັน ບี3) (Niacinamide) (Vitamin B3)	10 มก./mg
	แมงกานีส อะมิโน แอซิด คีเลต 10% (Manganese Amino Acid Chelate 10%)	17.5 UN./mg
	ซีลีเนียม อะมิโม แอซิด คีเลต 1% (Selenium Amino Acid Chelate 1%)	3.5 un./mg
	ดี-แพนโททีเนต แคลเซียม (D-Pantothenate Calcium)	3 IJ∩./mg
	วิตามิน ดี3 (100,000 IU/g) (Vitamin D3) (100,000 IU/g)	2 มก./mg
	ไพริดอกซิน ไฮโดรคลอไรด์ (Pyridoxine Hydrochloride)	1 มก./mg
	วีตามิน มี12 0.1% (Vitamin B12 0.1%)	1 มก./mg
	กรดโฟลิค 10% (Folic Acid 10%)	1 UN./mg
	ไรโมฟลาวิน 98% (วิตามิน มี2) (Riboflavin 98%) (Vitmain B2)	0.85 UN./mg
	ไทอะมีน ไฮโดรคลอไรด์ (วิตามิน บี1) (Thiamine Hydrochloride) (Vitamin B1)	0.75 ⊔∩./mg
	ดี-ไบโอติน (D-Biotin)	0.15 UN./mg
	โพแทสเซียมไอโอไดด์ (Potassium lodide)	0.1 UN./mg

Studies on the ingredients of Repro Vita-F



molecules

Alpha-Lipoic Acid Plays a Role in Endometriosis: New Evidence on Inflammasome-Mediated Interleukin Production, Cellular Adhesion and Invasion

Florella Di Nicuolo 10 Roberta Castellani², Alessandra De Cleco Nardone³, Greta Barbaro², Carmela P Alitedo Pontecurvi⁴, Giovanni Scambia³ and Nicoletta Di Simone^{3,4}0

Oral administration of l-carnitine improves the clinical outcome of fertility in patients with IVF treatment

Yuko Kitano 12, Shu Hashimoto 1, Hiroshi Matsumoto 3, Takayuki Yamochi 1, Masaya Yamanaka i, Yoshiharu Nakaoka i, Aisaku Fukuda i, Mesayasu Inone i, Tomoaka Ikeda= Yoshiharu Morimoto Affiliations expand

· PMID 29378447



antioxidants

Marko Kerri

Reproductive Health

AN ALTER PROPERTY IN COMPANY

Vitamin E as an Antioxidant in Female

Sitt System Mobel Mutally 1+0, Sharables Al-Rahim, ² and Mobel Ramim Rafikin ²

Respiral 11 December 2007 Accessed N Summer 2018, P. Michiel 34 January 2018

¹ Justry of Parriary, University Relations NARA (2016) Future Alam Caretras, Sciences 42311. Many Freshy of Worksis, University Relationship MMRA (2016) 5g. Relation Caretras, Sciences 4200, Valayae, sharristic and inflationation for the Science Science and Caretras (2016) Consignations of parallelismic caretra (2016) 2018–2019–2019.



lodide Transporters in the Endometrium: A Potential Diagnostic Marker for Women with **Recurrent Pregnancy Failures**

Mahmood Y. Bilal^{a,b} Svetlana Dambaeva^{a,b} David Brow Joanne Kwak-Kim^{k, d} Alice Gilman-Sachs^{4,b} Kenneth D. Beaman^{4,b} ical Internated oggi Laboratory, Resulted Pracilita University of Machines and Science, North Chicago, I servance of Microbiology and Versus block. Chicago Machinel School, Bost Red Frankley Disserver, et

Obje takes the quesswork out of getting pregnant. Learn more

Clinical Research Report

Effects of vitamin C on the outcome of in vitro fertilization-embryo transfer in endometriosis: A randomized controlled study 2018, Var ex[1] ex24-ex11 © The Authors] 2018 Arreis mans gidebres but components and a 10:11776200040516764910 (SISAGE

period of International Medical Research

Journal of INTERNATIONAL MEDICAL RESEARCH

Xiang Lu¹, Zhengmu Wu², Min Wang² and Weiwei Cheng

Review Article

Folate and human reproduction¹⁻³

Eisenselve Toruna and Mary Frances Placence

ARSTRACT The influence of Tolum substituted status on earning programs y out-orners has long been recognized. Statics constanted in the 1930s and Web idea to the recognization of protocol first and supplementations as recens to preverse programs quarkets in regulation and the 1930s, the utility of percenceptional first acid supplementation and folic and loss fortification energed when they were preven prevent the incomment of second table defects. These desiration different asso of folic anid may well be readed among the re-Afference states of TARL and Lange with the Tabled assessing the most supplication proble bolk measures for the targer provident at programs; refared proble bolk to the target and the provident at programs; and and the target and the target and the target produced as a stratem constant discorporation in the target and the target produced as a stratem constant discorporation of target and the target produced the target pro-sent and the target produced to the target produced the target pro-sent target and target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target pro-tection of target produced to the target produced to the target produced to the target pro-tection of target produced to the target produced to the target produced to the target pro-tection of target produced to the target produced t Caure research. Any J Clas Nutr 3006 83 903, 1016 KEY WHEN Files, trie sold preparety, complication

INTRODUCTION The main chertire of the possets article was to excise the avidance for the role of foliate nativities is homon exponenticity buck. The tesm foliace exponents at foliosof and in 8 - stansis, including the many derivatives found infoliosoff approxymetry for detarge appresents and further forms, the optimetry form datase was paragrama contexes the back for both one face of folia-ties are approxymetry contexes the back for both one parallel (1) strem on programmy reterrors the long hear mergerial (1). Sterne Wills (2) are setting by near on programmy with a your statuse Odornion. Meaning Lindo Cam-pany Lind, Lendon, Lindon Kingdong in 1970, monatchen hurs-randle die pervolatione and strategiest of programmy changed fusion delicities y and negatively holds and strategiest programming with lotte and the oblighted strategiest (2). Stocks excellent of the 105 does and 1980. Ide of the reception of their deficiency of pergenses, and personal difficus and performance in the complex and the distribution of the constraints of the local durations of the distribution of the constraints of the local hubble constraints and the distribution of the constraints of the local hubble constraints.

INTRODUCTION

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A Diet Low in Manganese Increases Complications with **Ovulation and May Impact** Fertility Describer 22 2018 her Oflan Broom

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Abusar et al. Nutritien Journal (1016) 19:06 DOI 10.1186/03/2617-016-0207-4





enough iron and calcium for you might not be enough for baby. Prenatal vitamins will also be important so that your body is stocked up and ready for the pregnancy. One important vitamin in both of these diets is riboflavin

glycemic response and body weight

among diabetes type 2 patients

(randomized control trial) Ayman 5 Abutair, Ihab A. Raser and Amin T. Harred

Nutrition Journal

Creskiet Soluble fibers from psyllium improve

Received October 11 3049 Accepted, April 32 3020

National Instiof Health, Rothman, MD (MET). ² Supported in particular latergeocraminal Par-National Instances of Deaths

¹⁷ Addeno reprint require University of Addressia are used tampent for address Bosoward July 25, 3009 Accepted for pathication quests to T Tannesi, Department of Neurison is at Diction; from, Discongluent, Atabasia NIS 281

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Inforenced supplementation, and toke acid berthisothers of the pile foredressing wold be called among the most equilibra public beath measures for the prevention of programe related disorder. White present review, we focus on the relation between huma

prevdactive outcome and foliate materian and metabolism, h

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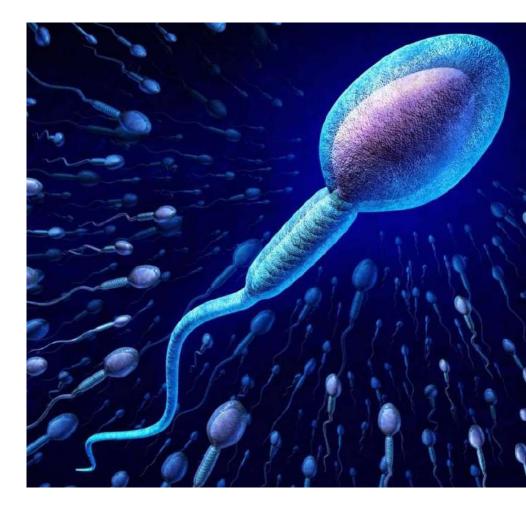
folic acid supplem



Repro Vita-M

Supplement for men which improve sperm quality for men who have low sperm count or sperm problems. It can be taken during infertility treatment

- Enhance sperm quality
- ✓ Increase the number of ejaculation
- ✓ Increase sperm count
- Improve sperm motility
- Reduce DNA damage
- Reduce abnormal sperm
- Increase sperm survival rate
- Decrease sperm degeneration
- Reduce the lack of protein in sperm



Who is suitable for Repro Vita-M?



Men who receive infertility treatment



Men who want to improve sperm quality



Men who want to enhance male potency



Men who want to increase the chance of pregnancy



Men who want to take care of their nervous system and health



Repro Vita-M

Key ingredients

- · Consist of French pine bark extract (Pycnogenol) that helps with blood flow, reduces inflammation, and boosts collagen and elastin under skin layers
- · L-Arginine: It helps improve sperm count, quality, and motility
- Magnesium: It reduces abnormal sperm, reduce infertility, and increase the chance of fertilization
- · L-Cysteine: It reduces sperm degeneration and increases testosterone
- There are 21 essential ingredients that effectively enhance sperm quality and health in overall.

ส่วนประกอบที่สำคัญใน 1 เม็ด

• แอล-อาร์จินิน (L-Arginine)	300 มก./mg	
• แมกนีเชียม อะมิโน แอซิด คีเลต 20%	250 มก./mg	
(Magnesium amino acid chelate 20%)		
• แขล-ซิสเทอีน (L-Cysteine)	200 มก./mg	
• แกมมาโขไรขานขล (Gamma Oryzanol)	50 มก./mg	Kepi
• ชิงค์อะมิโนแอชิคคีเลต 20%	37.5 มก./mg	
(Zinc Amino Acid Chelate 20%)		
• ไลโคพีน 10% (Lycopene 10%)	30 มก./mg	T 7°.
• สารสกัดจากเปลือกสนฝรั่ง (Pine Bark Extract) (Pycnoge	nol)30 มก./mg	Vita-
• กรดแอลคอร์บิก (วิตามิน ชี) (Aascorbic acid) (Vitamin C) 30 มก./mg	
• กรดอัลฟาไลโปอิก (Alpha Lipoic Acid)	25 มก./mg	
• โคเอนไซม์ คิวเทน (Co Enzyme Q10)	15 มก./mg	
• ดีแอล-แอลฟา-โทโคเฟอริลแอซีเทต (50%) (วิตามิน อี)	10 มก./mg	
(DL-alpha-tocopheryl acetate (50%) (Vitamin E)		
• ในอะซินอะไมด์ (วิตามิน บี3)/Niacinamide (Vitamin B3)	10 มก./mg	
• ซีลีเนียมอะมิโนแอชิคคีเลต	3.5 มก./mg	
(Selenium Amino Acid Chelate 1%)		
• ดี แพนโทธิเนต แคลเซียม (D Pantothenate Calcium)	3 มก./mg	NUVO
• วิตามิน ดี3 (100,000 IU/g) (Vitamin D3) (100,000 IU/g)	1 มก./mg	
• ไพริดอกขึ้น ไฮโดรคลอไรด์ (Pyridoxine Hydrochloride)	1 มก./mg	Repro Vita
• วิตามิน ปี12 (0.1%) (Vitamin B12) (0.1%)	1 มก./mg	ร์โปร ไวต่า-เอ็บ (ผลิตภัณฑ์เสร
• กรดโฟลิค10% (Folic Acid 10%)	1 มก./mg	Rapits Vite M (Dietary Supplament) P
• ไรโบฟลาวิน 98% (Riboflavin 98%)	0.85 มก./mg	Do Sprower Fact sweptin 42 p
• ไทอะมีน ไฮโดรคลอไรด์ (Thiamine Hydrochloride)	0.75 Nn./mg	
• ดี-ไปโอตีน (D-Biotin)	0.075 มก./mg	



Nuvo Life Care () 095-004-1888

Studies on the ingredients of Repro Vita-M



The effect of L-Arginine of treatment for infertile men on semen parameters Abdul Rahman Jihad Manssar³, Zaid Mokammed Muharak Al-Muhdawi², Azzawi Mustafa Hadi² Department of hislogy. College of Science , University of Tilrit , Tilrit , Taq Department unology. College of Medicine , University of Tilrit , Tilrit , Dag DOI: http://dx.doi.org/10.25150/ttps.24.2019-081

EFFECTS OF MAGNESIUM ON SPERMIOGENESIS

S. VISKI¹, J. SZÖLLOSI¹, A.S. KISS², A. CSIKKEL-SZOLNOKI³ SZOTE Dept of Obstetrics and Gynaecology, Andrology Laboratory ²Hungarian Magnesium Society, ³JATE Dept. of Inorganic Chemistry and Analitics, Szeged, Hungary





Antioxidant Activity of y-Oryzanol: A Complex Network of Interactions

- Igor Otavio Miaatel 1_r Fabiane Valentini Francisqueti 2_r Camila Renata Corrêa 2 and Giuseppina Pace Peretra Lina $^{1,\epsilon}$

- Department of Chemistry and Biochemistry, Institute of Biochemistry, State University, Biochemistry, Barkey, Barky, Sugminical Mindmallian.
 Department of Publicing Research Michael School, State Diavensity, Benerati Skill-600, Braziz Jakam, 1999 abox small: 1073 [https://www.files.chem.phr. 1272.]
 Cararyposhtemistry, State Jakam, 2014. 2514. 3554 3500:075
- Academic Editory: Maunzie Battino and Eara Capanoglu Received: 20 May 2016; Acaepted: 7 July 2016; Published: 9 August 2016

Januarillar et al Aspendactive Rickay and Indexteduingy (2019) 17-23 https://doi.org/10.1106/s12463-019-0468-9

Effects of N-acetyl-cysteine

stress in infertile men

RESEARCH

See stockasters, stars, and author profiles for this publication at https://www.instantingent.ref(publication/20082).08

Improvement of seminal quality and sexual function of men with oligoasthenoteratozoospermia syndrome following supplementation with Larginine and Pycnogenol®

ResearchGate

Article in Archivis Related di unitagia, antraisgia organo officiale [di] Società/Istiana di ecogorite unitogica e refroitogica / Accositoine noerote in unitogia - September 2015 DO: 0.481/min.2015.21F



* Lycopene and male infertility

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3	Damayarthi Duraimjanayagaw ¹² , Ashak AgarwaP, Chine Ong ¹ , Pollevi Peadaut ¹
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Review A

Iran J Reprod Med Vol. 12. No. 2. pp: 103-110, February 2014

supplementation on sperm quality,

chromatin integrity and level of oxidative

Rabit Januatian', Kazem Parkan', Nasim Hayati Roodban' and Mohammad Hossein Nasi-Eslahani?"



MDPI

Reproductive Biology and Endocrinology

() Casillas

J Assist Reprod Genet (2012) 29:631-635 DO1 10.1007/s10815-012-9760-8

GAMETE BIOLOGY

Supplementation of biotin to sperm preparation medium increases the motility and longevity in cryopreserved human spermatozoa

Guruprasad Kalthur - Sujith R Salian -Farid Keyvanifard - Shyam Sreedharan Jeena S Thomas • Pratap Kumar • Satish K Adiga

Received; 20 January 2012/Accepted: 26 March 2012/Published online: 21 April 2012 © Springer Science-Rusinese Media, LLC 2012

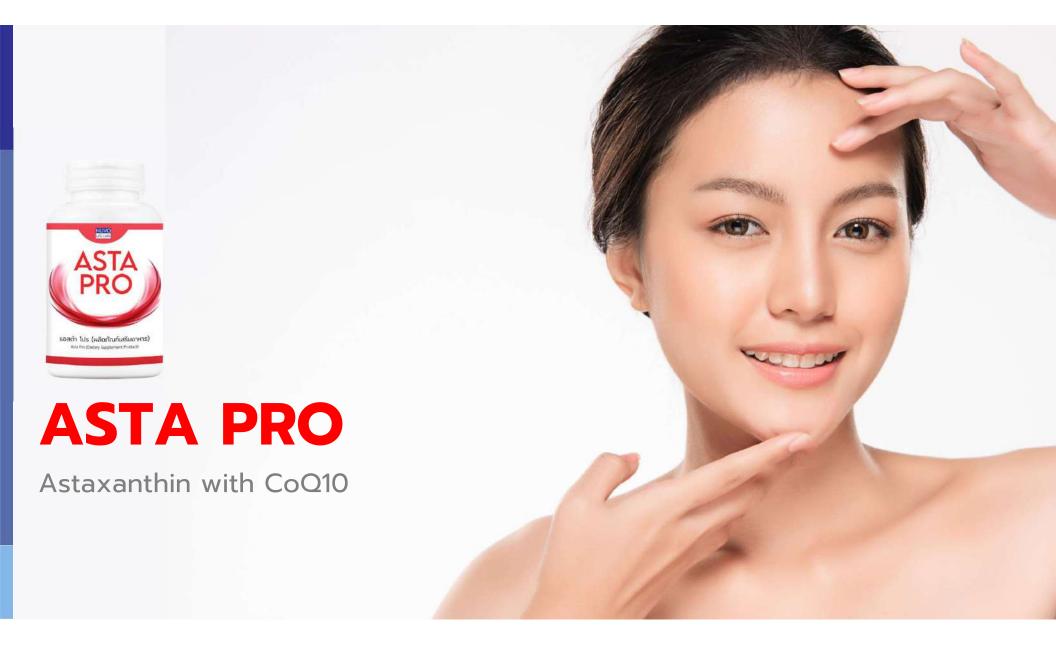
Zinc is an Essential Element for Male Fertility: A Review of Zn Roles in Men's Health, Germination, Sperm Quality, and Fertilization

Ali Fallah, Azadeh Mohammad-Hasami, Abasalt Hossemzadeh Colagar *

- Department of Molecular and Coll Biology, Faculty of Basic Sciences, University of Mazardoran, Babolsar, Iran

Effects of ascorbic acid on sperm motility, viability, acrosome reaction and DNA integrity in teratozoospermic samples

Haused Fanari⁶¹ Ph.D., Semira Khoyat⁷² Ph.D. Candidate, Jman Habsori¹ Ph.D. Condidate, Vahid Ramesani¹ Ph.D., Yates 323⁴ Ph.D. Candidates, Amer Kesarani¹ Ph.D. Candidates, Jalel Marslameh¹ Ph.D., Mohemmad Rev. Parry ⁵ Ph.D. Candidate, Maryam Airami⁴ M.D.



ASTA PRO

Diet supplement Astaxanthin with CoQ10 which consists of Japanese red algae that is an antioxidant, helps reduce wrinkles. 10 ingredients in total

- Improve antioxidant and reduce primary wrinkles
- Enhance eggs and sperm
- Is an antioxidant that prevent the risk of cancer
- Reduce the risk of vascular related disease
- Enhance body immune
- Enhance brain and nervous system
- Reduce the symptoms of menopause



Who is suitable for ASTA PRO ?



People who want to take care of health and beauty



People who want to enhance body immune



People who want to slow cells degeneration



Women at menopause age



People who want to take care of sperm and ovum

ASTA PRO

Key ingredients

• Astaxanthin from Japanese imported haematococcus pluvialis: It is the most powerful antioxidant that also helps with nutrient absorption

• Coenzyme Q10: It helps slow wrinkles and aging, enhance skin brightness, and improve sperm count and egg quality

• Gamma Oryzanol: Derived from rice germ oil, it helps with blood pressure, enhances brain and nervous system, and boosts body immune

 \cdot Collagen Dipeptide: It improves skin moisture and elasticity

In total, it consists of 10 beneficial vitamins for skin and health.

ASTA P ผลิตภัณฑ์เสริมอาหารส่		NUV LIFE CAR COMPANY LIMITED
ส่วนประกอบสำคัญใ	น 1 แคปซูล	
น้ำมันจมูกข้าว (Rice Germ Oil)	300 มก./mg	
สารสกัดจากสาหร่ายฮีมาโตคอกคัส พลูวิเอลิส (แอสด (Haematococcus Pluvialis Extract) (Astaxanthin (ให้แอสต้าแซนทีน 6 mg)		/mg
โคเอนไซม์ คิวเทน(Co Enzyme Q10)	30 J.n./mg	
คอลลาเจนไดเปปไทด์จากปลา (Fish Collagen Dipep	tide) 30 มก./mg	
แอสคอร์บิล ปาล์มิเตท (วิตามิน ซี) (Ascorbyl Palmitate) (Vitamin C)	30 มก./mg	ASTA
ไอรอน อะมิโน แอชิด คีเลต 20% (Iron Amino Acid Chelate 20%)	15 มก./mg	PRO
สารสกัดจากทับทิม (Pomegranate Extract)	15 มก./mg	แจลต้า โปร (ผลิณภัณฑ์เสริมจาหาร) Ani ho Ditay Suplement Postati
สารสกัดจากโกจิเบอร์รี่ (Goji Berry Extract)	15 มก./mg	Constitutional and Busilians is an another
ดีแอล-แอลฟา โทโคเฟอรอล (วิตามิน อี) (DL-Alpha Tocopherol) (Vitamin E)	10 มก./mg	
กรดอัลฟ่าไลโปอิก (Alpha Lipoic Acid)	10 มก./mg	

🎁 NUVO LIFE CARE 📞 095-004-1888 🥥 @NUVOLIFECARE 🍵 💷 NUVO SHOP 🚝 www.nuvolifecare.com

Studies on the ingredients of ASTA PRO



A Collagen Supplement Improves Skin Hydration, Elasticity, Roughness, and Density: Results of a Randomized, Placebo-Controlled, Blind Study

Liane Bolke¹, Gerrit Schlippe¹, Joachim Gerß² and Werner Voss^{1,*}

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INTERNATIONAL MEDICAL RESEARCH and of knowningal Medical Research 2018, Vol. 46(3) 1779-1790 © The Author(s) 2018 Repress and permissions Effect of α -lipoic acid on symptoms and quality of DOI: 10.117 life in patients with painful diabetic neuropathy Evangelos Agathos, Anastasios Tentolouris . Ioanna Eleftheriadou, Panagiota Katsaouni, Ioannis Nemtzas, Alexandra Petrou, Christina Papanikolaou and J. Inducted Instat. 32: 626-632, 2009 REVIEW ARTICLE Coenzyme Q₁₀ and male infertility nn/7, M. Boscaro¹, A. Lenzi⁴, and G.P. Littaru⁴ G. Balercia¹, A. Mancini², F. Paggi¹, L. Tiano², A. Pontec kogy, Andrology Unit, Department Hespital, Ancore, "Cher of Endor try, Rialogy and Genetics, Folytech tad by our group. 22 and 60 patien

Application of the commonly called ubiquinored is present in well-masurable levels in human services fluid, where it prob-ably scents important motionic and estimations functions, service CoCity, concentrations where a cheer correlation with services problem concentrations where a cheer correlation with services coCity, concentrations where a cheer correlation with services coCity and motify). Alterations of CoCity, and the common service of CoCity, the common service of CoCity, and the common service of the common service of the coCity of the common service of the coCity of the common service of the coCity of the common service of the common s spermia and varicocele trans-solecule was further durified by concentrations induced by dif-orderes used in male intertility PSH therapy. The effect of

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What are the health benefits of goji berries?

Medically reviewed by Natalie Butler, R.D., L.D. - Written by Lana Barhum on August 7, 2018

Seven benefits What makes them so good? Adding to the diet Who should avoid? Takeaway

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The scientific community has been investigating the health benefits of goji berries, as the popularity of these tiny fruits has grown. Their purported benefits range from anti-aging effects to glucose regulation and immune function support.

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Alpha Lipoic Acid

ALA, alpha-lipoic acid. TA, thioctic acid

General description

Alpha lippic acid (ALA) is an antioxidant. It is guickly absorbed from the gastrointestinal tract. It dissolves in both water and fat in the body

Demonstrated uses

The main use for ALA is to treat diabetic neuropathy. Neuropathy causes sensory changes. These include stinging. burning, pain, and numbress in parts of the skin. ALA hasn't been proven to be helpful for neuropathy. But research is underway to assess the use of ALA for people with neuropathy.

Several small studies have also shown that ALA can help to increase insulin sensitivity. It can lower blood sugar levels in people with diabetes. More research is needed to confirm this.

ALA is a potent antioxidant. This function may protect nerve tissue from damage. Conditions such as diabetes may be helped by antioxidants such as ALA.

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