

Health Benefits of Alpha Lipoic Acid

Written by [Gloria Tsang, RD](#) of [HealthCastle.com](#)

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(HealthCastle.com) When it comes to antioxidants, most people think of **Vitamin C**, **Vitamin E**, **selenium**, or perhaps coenzyme Q10. But according to pediatric neurosurgeon **Dr. Larry McCleary**, author of The Brain Trust Program, nothing is more versatile than alpha lipoic acid.

What's Alpha Lipoic Acid?

Alpha lipoic acid, also known as thioctic acid, is a **fatty acid**. Most **antioxidants** can be dissolved in either a water or an oil environment, but not both. Alpha lipoic acid can be dissolved in either, making this free-radical scavenger a powerful antioxidant for navigating between cells.

Health Benefits of Alpha Lipoic Acid - Brain and Diabetes

Because of its ability to cross the blood-brain barrier, lipoic acid has been linked to improving memory in animal studies. Other studies have also demonstrated that high-dose alpha lipoic acid supplementation (over 600 mg) may help with regenerating nerve cells and treating **Alzheimer's Disease**.

The body can naturally produce lipoic acid, but the production declines with age - just as needs are increasing. "The need for alpha lipoic acid becomes even greater for those with insulin resistance or **diabetes**," McCleary said. He was not surprised, therefore, with research findings about alpha lipoic acid's potential ability to control blood sugar and prevent diabetic complications, particularly diabetic neuropathy.

How much Alpha Lipoic Acid So I Need?

Alpha lipoic acid is found in some foods, including spinach, broccoli, peas, Brewer's yeast, Brussels sprouts, rice bran, and organ meats. But you would have to eat 7 pounds of spinach to get just 1 mg of lipoic acid! Dr. McCleary recommends a daily supplement of 50 - 300 mg. Always consult your doctor before starting any new supplements.