



NATURE'S SUNSHINE

Alpha Lipoic Acid

GOOD FOR

Cardiovascular system

Liver

Endocrine System

SIZE **60 Capsules**

ITEM # **1505**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule twice daily.

— How the Key Ingredients Work

This formula brings together two well-studied natural ingredients — Alpha Lipoic Acid and Turmeric — to help your body defend itself against everyday oxidative stress, support comfortable joints, and keep key systems running smoothly. Together they offer broad, complementary support from the inside out.

Alpha Lipoic Acid (ALA) — Often called the "universal antioxidant," ALA works in both water- and fat-based environments throughout the body, giving it unusually broad reach. It helps neutralize harmful free radicals that build up from daily stress, pollution, and normal metabolism, supporting your body's natural defenses from head to toe.

ALA — Antioxidant Defense — ALA is one of the most thoroughly researched antioxidant nutrients available. It helps replenish other protective compounds the body already makes, essentially refreshing your internal defense system. Research shows it can raise the body's own protective capacity, helping you stay resilient against everyday oxidative wear and tear.

ALA — Energy & Cellular Support — ALA is naturally present in every cell and plays a key role in how the body converts food into usable energy. By supporting healthy mitochondrial function — the tiny power generators inside your cells — it helps keep your energy production running efficiently, which matters for how you feel day to day.

ALA — Arterial & Cardiovascular Wellness — Clinical studies suggest ALA supports healthy blood vessel function by reducing oxidative stress in the vascular system and helping maintain healthy circulation. Trials in people with metabolic concerns showed improvements in markers of blood vessel flexibility, pointing to meaningful support for long-term cardiovascular wellness.

ALA — Joint Comfort — ALA has been studied in clinical trials involving both osteoarthritis and rheumatoid arthritis. Research found that ALA helped reduce levels of certain markers associated with joint discomfort and inflammation, suggesting it may help support more comfortable, flexible joints as part of a daily wellness routine.

ALA — Nerve & Brain Support — Because ALA crosses into the brain and nervous system easily, it has been studied for its ability to protect nerve cells from oxidative damage. It helps support healthy neurological function by shielding sensitive nerve tissue from the kind of stress that accumulates over time, making it a popular choice for long-term brain wellness.

ALA — Metal Chelation & Detox Support — One of ALA's lesser-known but important roles is its ability to bind to certain unwanted metals in the body and help escort them out. This chelating action adds another layer to its protective profile, supporting the body's natural detoxification processes alongside its antioxidant work.

Turmeric (Curcuma longa) — Turmeric is a golden-hued root spice with a history of use in Ayurvedic and traditional Chinese medicine stretching back thousands of years. Its active compound, curcumin, is the subject of hundreds of modern studies confirming what traditional healers long observed — that turmeric supports comfort, balance, and overall wellness in meaningful ways.

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