

BEST SELLER

Super R-Lipoic Acid

240 mg, 60 vegetarian capsules | Item # 01208

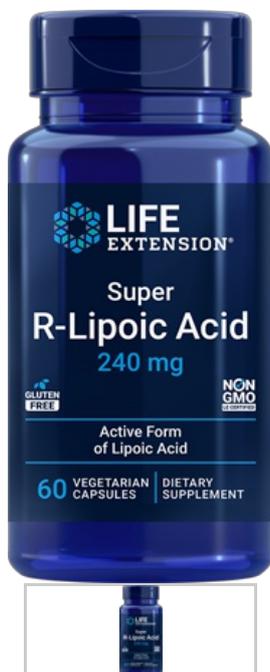
Best-selling protection against oxidative stress



4.8

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Reap the healthy cellular energy benefits of our best-selling, Super R-Lipoic Acid, a stable form of this powerful antioxidant.

Gluten free | Non-GMO | Vegetarian

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Overview

What Is Super R-Lipoic Acid?

Super R-Lipoic Acid is a cellular energy health support supplement. In the body, lipoic acid is a powerful antioxidant. This lipoic acid supplement provides a powerful 240 mg dose of the “active” form of alpha lipoic acid (R-lipoic acid) in each vegetarian capsule. There are 60 capsules in every bottle, enough to provide a 1-2 month supply, depending on dosing. Non-GMO, gluten-free, manufactured in the USA.

The sodium salt of R-lipoic acid, which is the form used in Super R-Lipoic Acid, is the biologically active form of R-lipoic acid in the body.

Super R-Lipoic Acid Benefits

- Provides the active form of alpha lipoic acid

- Helps protect against oxidative stress
- 240 mg of R lipoic acid in each vegetarian capsule

Next Generation Antioxidant

Lipoic acid is an important part of cellular energy production and maintenance. Our best-selling Super R-Lipoic Acid provides more of the active “R” form of lipoic acid, an antioxidant powerhouse: far more, in fact, than conventional alpha-lipoic acid products.

Super R-Lipoic Acid

Why Should I Supplement With Super R-Lipoic Acid?

- R-lipoic acid is a powerful antioxidant
- Helps protect against oxidative stress
- This formula provides more of the biologically active “R” form of lipoic acid than conventional alpha-lipoic acid products for healthy cellular energy benefits

Product Details

R-lipoic acid is a powerful antioxidant. In the body, R-lipoic acid helps support healthy mitochondria, cellular energy, and protects against oxidative stress.¹

“R” Lipoic Acid is Biologically Active

Alpha-lipoic acid, the universal antioxidant, consists of two different forms, “R” and “S,” which have different properties.² The “R” form is the biologically active component (native to the body) that is responsible for lipoic acid’s phenomenal antioxidant effect. The “S” form is not very biologically active. Alpha-lipoic acid supplements typically consist of the “R” and “S” form in a 50/50 ratio. That means a 100 mg alpha-lipoic acid supplement usually provides 50 mg of the biologically active “R” form.

The human body normally produces and uses the “R” form of lipoic acid.³ Our product contains only the biologically active “R” form and provides a whopping 240 mg per serving!

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 vegetarian capsule

Amount Per Serving

Sodium	28 mg
Stabilized Na-RALA sodium R-lipoate (providing 240 mg of R-Lipoic acid)	283 mg

Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica.

Non-GMO

Dosage and Use

- Take one (1) to two (2) capsules daily as tolerated, or as recommended by a healthcare practitioner.
- Take capsules at the same time, preferably on an empty stomach.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Actual Size

Pill Size Image

References

1. Data on file.
2. *Biochemical pharmacology*. 1996;51(3):233-238.
3. *Biofactors*. 2003;17(1-4):207-213.

Editor's Pick



What Are the Benefits of Alpha-Lipoic Acid?

From your eyes to your bones and everything in between, alpha-lipoic acid offers a wealth of health benefits. Here's how ALA supplements work within the body—plus, how to choose the right one for you.

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*Ratings based on results of the 2026 ConsumerLab.com Survey of Supplement Users. Omega-3 EPA/DHA ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit www.consumerlab.com/survey.

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