NATURAL HEALTH PRODUCT

ALPHA LIPOIC ACID, DL-

This abbreviated labelling standard is a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Date August 9, 2016

Proper name(s)
- (+/-)-1,2-Dithiolane-3-pentanoic acid (NIH 2016)
- DL-alpha Lipoic acid (NIH 2016)

Common name(s)
- DL-alpha Lipoic acid (NIH 2016)
- DL-Thioctic Acid (NIH 2016)

Source material(s)
DL-alpha-Lipoic acid (NIH 2016)

Route(s) of administration
Oral

Dosage form(s)
The acceptable pharmaceutical dosage forms suited to oral administration include, but are not limited to chewables (e.g. gummies, tablets), caplets, capsules, strips, lozenges, powders or liquids, where the dose is measured in drops, teaspoons or tablespoons. This abbreviated labelling standard is not intended to include foods or food-like dosage forms, such as bars, chewing gums or beverages.

Use(s) or Purpose(s)
Statement(s) to the effect of
Provides antioxidants for the maintenance of good health (Borcea et al. 1999, Marangon et al. 1999).
Helps to promote healthy glucose metabolism (Morcos et al. 2001, Jacob et al. 1999, Konrad et al. 1999).

**Dose(s)**

**Subpopulation(s)**

Adults

**Quantity(ies)**

*Antioxidant*

Not to exceed 600 Milligrams per day (Morcos et al. 2001, Borcea et al. 1999, Marangon et al. 1999).

*Glucose metabolism*

600 Milligrams per day (Jacob et al. 1999, Konrad et al. 1999).

**Duration of use**

No statement required.

**Risk information**

Statement(s) to the effect of

**Caution(s) and warning(s)**

**For all products:**

- If you are pregnant or breastfeeding, consult a healthcare practitioner prior to use.
- If you have diabetes, consult a healthcare practitioner prior to use (Jacob et al. 1999, Konrad et al. 1999, Packer et al. 1995).

**For products providing doses greater than or equal to 42 Milligrams per day:**

- If you experience sweating, paleness, chills, headache, dizziness and/or confusion, discontinue use and consult a healthcare practitioner (as these may be symptoms of serious low blood sugar) (Bae et al., 2013; Gullo et al., 2014; Bresciani et al., 2011; Chang et al., 2009).
Contraindication(s)
No statement required.

Known adverse reaction(s)
No statement required.

Non-medicinal ingredients
Non-medicinal ingredients must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions
No statement required.

Specifications
- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-Prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

References cited


Sola S, Mir MQ, Cheema FA, Khan-Merchant N, Menon RG, Parthasarathy S, Khan BV. 2005. Irbesartan and lipoic acid improves endothelial function and reduce markers of inflammation in

References reviewed


