



Alpha Lipoic Acid: Nature's Supreme Antioxidant (Woodland Health)

Rita Elkins MH

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Over the last several years, the role antioxidants play in maintaining our health has become more apparent. Alpha lipoic acid is one of these vital antioxidants. Rita Elkins, MH, discusses how this amazing free-radical scavenger has accrued impressive credentials in the results of various studies in its use in Europe and elsewhere. She also reviews alpha lipoic acid's various medicinal applications, its usage and safety, and how it can ultimately contribute to overall good health.

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