



# Alpha Lipoic Acid: Nature's Ultimate Antioxidant

*Allan E. Sosin, Beth M. Ley-Jacobs, Julian M. Whitaker*

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**Alpha Lipoic Acid: Nature's Ultimate Antioxidant** Allan E. Sosin, Beth M. Ley-Jacobs, Julian M. Whitaker

Julian Whitaker Wellness Institute, Newport Beach, CA. Shows how alpha-lipoic acid protects against liver disease, improves energy and muscle recovery, regulates blood sugar, alleviates bruising, inhibits replication of viruses, decreases fat production, neutralizes chemicals found in cigarette smoke, and more. For consumers. Softcover.

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