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Friday August 1, 2008

Source Naturals Introduces Timed Release Alpha Lipoic Acid

High Potency For Heart, Brain, Immune Benefits

Scotts Valley, CA – Long known as the universal antioxidant, Alpha Lipoic Acid is a highly effective means of protecting cells from free radicals. At a time when our health is challenged by an unprecedented array of toxins, Source Naturals presents a new, high potency form of this powerful health tool.

Source Naturals spokesperson Tony Lucchesi says, "Alpha lipoic acid has a wide range of benefits, but it is most highly esteemed as an antioxidant. This compound is both water and fat-soluble, so it works in all types of cells." He continues, "It can enter any area of the body and donate electrons to stabilize free radicals; this quenches oxidative effects on the cells."

The benefits of the nutrient include energy metabolism, muscle energy, liver function, immune support, blood sugar balance, and cellular health. It benefits the nerves and eyes. It helps the body recycle other nutrients, making such vitamins as C and E more effective. Now these benefits are available in both 600 mg and 300 mg timed release tablets.

Source Naturals is committed to enhancing individual potential to enjoy optimal health and well-being by providing superior quality dietary supplements and nutritional education. For more information or purchase locations, please visit <http://www.sourcenaturals.com>.

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Photos available for this release:

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To view photos, go to www.enr-corp.com/pressroom and enter Release ID: 159298