

PACKAGE LEAFLET: INFORMATION FOR THE USER

ALPHALIPOIN

Capsule 200 mg

ALPHA-LIPOIC ACID

• This leaflet is a copy of the Summary of Product Characteristics and Patient Information Leaflet for a medicine, which outlines the conditions under which the medicine should be used and information on its known safety • The product information may be updated several times within its shelf life, and there could be differences between the version of information shown here and other information in the public domain or in the package insert • This leaflet may not contain all the information about the medicine or the information may not be the most up to date version for this product • If you have any questions or are not sure about anything, ask your doctor or pharmacist • Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

• Keep this leaflet • You may need to read it again • If you have any further questions, ask your doctor or pharmacist • This medicine has been prescribed for you only • Do not pass it on to others • It may harm them, even if their signs of illness are the same as yours • If you get any side effects, talk to your doctor or pharmacist • This includes any possible side effects not listed in this leaflet •

What is in this leaflet?

1. What ALPHALIPOIN is and what it is used for
2. Before you take ALPHALIPOIN
3. How to take ALPHALIPOIN
4. Possible side effects
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1. WHAT ALPHALIPOIN IS AND WHAT IT IS USED FOR

ALPHALIPOIN is a dietary product which consists of alpha-lipoic acid, a substance with strong antioxidant effects. Due to its chemical structure, alpha-lipoic acid is well distributed in the aquatic environment and in the fatty tissue and thus protects the cells of whole body from the harmful effects of free radicals.

What are free radicals?

Free radicals are substances that are naturally produced in metabolic reactions in the body. They are chemically very unstable. They react with the substance of the cell contents, which can result in cell damage and the loss of its physiological functions.

When exposed to stress, illness, and extreme efforts, or when exposed to harmful substances from the environment, in smokers, the body increases the production of free radicals.

And biological aging is also one of the important factors that influence the increased production of free radicals.

What are Antioxidants?

Antioxidants are substances that have the capability to neutralize the potentially harmful free radicals.

What is alpha-lipoic acid?

Alpha-lipoic acid is a fatty acid which in a small amount is synthesized naturally in the body and is located in each cell. It has multiple roles:

- it participates in the conversion of glucose into energy needed for the physiological processes
- it neutralizes free radicals and thus contributes to the preservation of the structure and function of cells and tissues
- it performs recycling of other antioxidants such as vitamins C and E and glutathione, when their capacity, during physiological processes, becomes exhausted
- it regenerates glutathione that is necessary for the elimination of harmful substances from the body.

It is believed that alpha-lipoic acid may help prevent or reduce the number of changes in the organism which occurrence is associated with aging, such as changes in the heart, the liver, changes in sugar metabolism, impaired mental and defense functions, loss of muscle tissue.

Through circulation, Alpha-lipoic acid easily enters into the brain and the peripheral nerves and penetrates into all parts of nerve cells where it neutralizes free radicals and thus keeps the nerve tissue from the accelerated aging or development of degenerative chronic diseases.

ALPHALIPOINn is used when there is a higher need for protection from free radicals damage. It is especially recommended for damaged peripheral nerves which can appear due to glucose metabolism disorders with diabetes, injury, intake of large amounts of alcohol, oxidative stress...In these conditions which are manifested by pain, burning sensation, numbness, weakness, itching, ALPHALIPOINn relieves these symptoms and postpones damage progress with its antioxidant effects.

In addition, ALPHALIPOINn can be used in pre-existing damage to other tissues and organs, in order to delay or prevent further damage.

2. BEFORE YOU TAKE ALPHALIPOIN

Do not take ALPHALIPOIN

- If you are allergic to alpha-lipoic acid, or other ingredients of this medicine.

Taking other medicines

Consult with your doctor or pharmacist before taking ALPHALIPOINn.

Alpha-lipoic acid may influence the effect of some medicines.

ALPHALIPOIN with food and drink

Do not take ALPHALIPOIN together with milk, because milk reduces its efficiency, nor with food and preparations containing calcium, magnesium, zinc or iron.

Do not take ALPHALIPOIN 2 hours after the meal.

3. HOW TO TAKE ALPHALIPOIN

Adults and children over 14 years of age:

The recommended dose is 1-3 capsules a day, half an hour before meals.

The capsules can be taken over a long period of time continuously.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

ALPHALIPOIN capsules can cause skin rash.

In some people the alpha-lipoic acid can cause headache, muscle cramps and tingling sensation.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE ALPHALIPOIN

Keep out of the reach and sight of children.

This medicine should no longer be used after the expiry date printed on the container and box after "EXP". The expiry date refers to last day of that month.

Store at room temperature, protected from moisture.

6. FURTHER INFORMATION

What ALPHALIPOIN contains

Each capsule contains:

alpha-lipoic acid 200 mg

lactose monohydrate, talc, Aerosil 200, magnesium stearate, and gelatin.

What ALPHALIPOIN looks like and contents of the pack

Box with 30 capsules.

Supplier and Manufacturer

Regime of dispensing

The medicine is issued without doctor's prescription.

Manufacturer

Ivančić i sinovi d.o.o.,

Palmoćeva 13, Belgrade, Serbia