

**TWO FLAVORS**  
Original & Vanilla Caramel



Product No. RN141 Product No. RN164

# C-RLA™

## Liposomal Vitamin C & R-Lipoic Acid

### Features & Benefits\*

C-RLA™ offers a safe, efficacious delivery system of High Dose Vitamin C and R-Lipoic Acid in one formulation. Each serving contains 1,500mg of Vitamin C and 70mg of R-Lipoic Acid in a natural (GMO-free) liposomal preparation. As most oral Vitamin C doses above 250mg are very poorly absorbed, the only efficacious high dose oral delivery system is via liposomes. Many doctors supplement in-office Vitamin C drips with C-RLA™ so the patients continue to receive the benefit of high-dose Vitamin C without stomach distress.

Lipoic acid helps protect against oxidative stress generated by high glucose levels. Alpha-lipoic acid consists of two different forms (isomers) that have vastly different properties. The "R" form is the biologically active component (native to the body) that is responsible for lipoic acid's phenomenal antioxidant effect. The "S" form is produced from chemical manufacturing and is much less effective. Typical alpha-lipoic acid

supplements consist of the "R" and "S" form in a 50/50 ratio. Pure R-lipoic acid may be 10 times more effective than other forms of lipoic acid and has been called the "mitochondrial antioxidant" because it is a key component of mitochondrial dehydrogenase complexes. The pure R-Lipoic Acid in C-RLA™ supports a healthy inflammatory response and is a potent free-radical scavenger.\*

### Suggested Use

As a dietary supplement, mix 2 teaspoons in water and take away from food, or as directed by a health care professional. **Shake well before use. Refrigerate after opening.**

### Cautions

If pregnant or nursing, consult your health care professional before use.

## C-RLA™ Original

### Supplement Facts

Serving Size: 2 teaspoons (10 mL)  
Servings Per Bottle: 30

| Amount Per Serving                                | %Daily Value** |       |
|---|----------------|-------|
| <b>Calories</b>                                   | 5              |       |
| <b>Carbohydrates</b>                              | 6 g            | 2%    |
| Total Sugars less than 1g                         |                |       |
| <b>Vitamin C</b><br>(as Sodium Ascorbate)         | 1500 mg        | 1667% |
| <b>Sodium</b><br>(as Sodium Ascorbate)            | 197 mg         | 9%    |
| <b>R-Lipoic Acid</b><br>(as Sodium R-Lipoic Acid) | 70 mg          | †     |

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Allulose, deionized water, sunflower lecithin, licorice extract, peppermint oil, spearmint oil.

Manufactured without milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and gluten. Produced in a facility that may process other ingredients containing these allergens.

## C-RLA™ Vanilla Caramel

### Supplement Facts

Serving Size: 2 teaspoons (10 mL)  
Servings Per Bottle: 30

| Amount Per Serving                                | %Daily Value** |       |
|---|----------------|-------|
| <b>Calories</b>                                   | 5              |       |
| <b>Carbohydrates</b>                              | 6 g            | 2%    |
| Total Sugars 6g                                   |                |       |
| <b>Vitamin C</b><br>(as Sodium Ascorbate)         | 1500 mg        | 1667% |
| <b>Sodium</b><br>(as Sodium Ascorbate)            | 197 mg         | 9%    |
| <b>R-Lipoic Acid</b><br>(as Sodium R-Lipoic Acid) | 70 mg          | †     |

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Allulose, deionized water, sunflower lecithin, vanilla extract, grapefruit seed extract, stevia extract.

Manufactured without milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and gluten. Produced in a facility that may process other ingredients containing these allergens.

### Each Serving Includes:

| Features                   | Constituents/ Actions  | Benefits*   |
|----------------------------|--|---|
| <b>Liposomal Delivery</b>  | Natural, GMO-free phosphatidylcholine 100% sunflower-derived phospholipids | <ul style="list-style-type: none"> <li>Efficacious delivery system, often used for delivery of pharmaceuticals</li> <li>Allows for high dose vitamins for increased absorption</li> <li>Non-soy product for those with soy sensitivities</li> </ul> |
| <b>1,500 mg Vitamin C</b>  | High-dose Vitamin C  | <ul style="list-style-type: none"> <li>Offers absorption of high-dose Vitamin C which is not available in oral capsules and tablets</li> <li>Liposomal delivery means no stomach distress</li> </ul>  |
| <b>70 mg R-Lipoic Acid</b> | Natural & preferred form of lipoic acid                                    | <ul style="list-style-type: none"> <li>Biologically active form of alpha-lipoic acid</li> <li>Powerful antioxidant which promotes healthy mitochondrial function &amp; inflammatory response</li> </ul>   |

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

