

ALA IV Drip (Alpha Lipoic Acid)

1. Overview

The **ALA IV Drip** is a targeted antioxidant therapy designed to support metabolic function, reduce oxidative stress, and promote overall cellular health.

Formulated with **Alpha Lipoic Acid (ALA)**, a powerful and versatile antioxidant, this drip supports the body's natural detoxification pathways, enhances energy production, and contributes to skin and neurological health.

It is ideal for individuals who:

- Want antioxidant support and cellular protection
- Experience fatigue or low energy
- Are looking to support metabolic balance
- Want to support skin health and ageing processes
- Have high stress or oxidative load
- Seek overall wellness and performance support

By delivering ALA directly into the bloodstream, this therapy ensures efficient absorption and targeted support at a cellular level.

2. Typical Formulation

Component	Function
Normal Saline (0.9%)	Hydration + carrier fluid
Alpha Lipoic Acid (ALA)	Antioxidant + metabolic support

3. Mechanism of Each Component

a. Alpha Lipoic Acid (ALA)

- A potent antioxidant active in both water and fat environments.
- Helps neutralise free radicals and reduce oxidative stress.
- Supports regeneration of other antioxidants such as glutathione and Vitamin C.

- Plays a role in mitochondrial energy production.
- Supports metabolic function and insulin sensitivity.
- Contributes to nerve health and cognitive function.

4. Combined Mechanism of Action

Alpha Lipoic Acid works systemically to:

- Reduce oxidative stress at a cellular level
- Support energy production within mitochondria
- Enhance antioxidant recycling in the body
- Support metabolic efficiency and balance
- Contribute to neurological and skin health

Result: Improved cellular efficiency, enhanced energy, and better overall metabolic and antioxidant support.

5. Key Clinical Benefits

- Strong antioxidant protection
- Supports metabolic function and energy production
- Helps reduce fatigue and oxidative stress
- Supports skin health and ageing processes
- Contributes to nerve and cognitive support
- Supports the body's natural detoxification pathways
- Helps maintain internal balance and resilience

6. Indications (When to Use)

- Fatigue or low energy
- High oxidative stress
- Metabolic imbalance
- Skin dullness or ageing concerns
- General wellness and maintenance
- Support for active or high-stress lifestyles
- Preventative health support

7. Contraindications (When NOT to Use)

Do not use this treatment if you:

- Have known allergy to Alpha Lipoic Acid
- Are pregnant or breastfeeding
- Have uncontrolled medical conditions
- Are on medications affecting blood sugar without consultation
- Have severe liver or kidney disease

8. Administration Protocol

Step	Description
Route	IV infusion
Duration	30–45 minutes
Post-care	Stay hydrated; avoid alcohol for 24 hours

9. Potential Interactions & Cautions

- ALA may lower blood sugar levels — caution in diabetic patients
- May interact with certain medications
- Should be administered under professional supervision
- Inform practitioner of any medical conditions or medications

10. Side Effects (Rare and Mild)

- Mild nausea if infused too quickly
- Light-headedness
- Warm sensation during infusion
- Rare: allergic reaction

11. Add-ons / Customisation

Add-on	Benefit
Glutathione	Enhanced antioxidant support

Vitamin C	Antioxidant + skin support
B-Complex	Energy and metabolic boost
L-Carnitine	Fat metabolism + energy
Magnesium	Relaxation + recovery

12. Recommended Frequency

Goal	Frequency
Antioxidant support	Every 2–4 weeks
Metabolic support	Weekly x 3–5 sessions
Energy & recovery	As needed
Maintenance	Monthly

13. Summary

The **ALA IV Drip** is a focused antioxidant therapy designed to support cellular health, metabolic balance, and overall wellbeing.

By delivering Alpha Lipoic Acid directly into the bloodstream, it helps optimise energy production, reduce oxidative stress, and support your body from within.

14. FAQs

Q: What makes ALA unique?

A: Alpha Lipoic Acid is a versatile antioxidant that works in both water and fat environments, allowing it to support multiple systems in the body.

Q: Can this help with energy levels?

A: Yes — by supporting mitochondrial function, ALA may help improve energy production and reduce fatigue.

Q: Does this support metabolism?

A: ALA plays a role in metabolic processes and may support overall metabolic balance when used alongside a healthy lifestyle.

Q: Is this suitable for regular use?

A: Yes — this drip can be used regularly depending on your goals, under professional guidance.

Q: When will I feel results?

A: Many clients report feeling more energised and balanced within hours to a day, depending on their condition.



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