



SIDEFARMA

alpha betic®

MULTI-VITAMIN AND
MULTI-MINERAL
SUPPLEMENT
WITH OLIGOELEMENTS

WITH ALPHA LIPOIC ACID
AND LUTEIN

To promote and optimize:

- Glucose metabolism
- Optimum antioxidant protection
- Healthy nerve function

Daily dose recommended:
1 caplet

Product notified to:
Agência para a Qualidade e
Segurança Alimentar

Manufactured for: ABKIT, INC.
207 East 94th street, New York 10128

Distributed by: SIDEFARMA –
Sociedade Industrial de Expansão
Farmacêutica, S.A.
Rua da Guiné, nº26 2689-514 Prior Velho

Who's recommending *alpha betic*®? Who's using it? ...And why?

Who's using *alpha betic*?

alpha betic has been designed in consultation with leading doctors and nutritionists to promote the general well-being of people, including people with diabetes, smokers and people subject to extended stress.

Who's recommending *alpha betic*?
Why?

Leading doctors, nutritionists and researchers. For example:

Peter Lodewick, MD and author of "A Diabetic Doctor Looks at Diabetes" says "in addition to chromium, vanadium, magnesium and other diabetes-specific nutrients, *alpha betic* adds the power of Alpha Lipoic Acid. This is important because Alpha Lipoic Acid has demonstrate a unique ability to

promote glucose tolerance, optimum antioxidant protection and healthy nerve function."

Dr Lester Packer, PhD, University of California at Berkeley: "*alpha betic* contains the most potent, naturally occurring antioxidant known to man – (Alpha Lipoic Acid).

What is *alpha betic*?

alpha betic is a patented, once-a-day multi-vitamin supplement designed to promote the general well-being of people, including people with diabetes, smokers and people subject to extended stress. Our nutrition habits not always fulfill our body needs, especially when this is exposed to some external factors like stress, medication and diet.

Why does *alpha betic* contain Alpha Lipoic Acid?

As in many areas of nutritional supplementation, the synergistic formulation is superior to the effect of any vitamin or mineral taken alone. Through Alpha Lipoic Acid, *alpha betic* creates an antioxidant effect it neutralizes all 8 major types of free radicals: Superoxide, Hydrogen Peroxide, Peroxyl, Hydroxyl, Singlet Oxygen, Hydrochlorus, Peroxynitrite, and Ozone.

What is Alpha Lipoic Acid?

Alpha Lipoic Acid is a unique co-enzyme and potent antioxidant.

What are "free radicals" and why should I protect myself against them?

Free radicals are what you might call "cell killers". You can't see them

or feel them. But they are there, attacking every cell in your body 10,000 times a day. These destructive molecules can tear holes in cell membranes, destroy lipids and proteins, even alter your DNA. This kind of destruction may affect your long term health, and if you are a diabetic, smoker or a person subject o extended stress, you ate even more susceptible to free radical attack.

Why does *alpha betic* contain Lutein?

The synergistic effect of the vitamins and minerals of a formulation that promotes well being is reinforced with lutein, which allows an antioxidant protection preserving the eye cells.

What is Lutein?

Lutin is a carotenoid found in Nature,

responsible for the color of some fruits and vegetables. The human body is not able to synthesize this substance, depending on diet to obtain it. It is an antioxidant which neutralizes the free radicals and protects cells from the damage caused by them.

What other vitamins or minerals in *alpha betic* are of importance?

ANTIOXIDANTS:
Vitamin A, Vitamin C, Vitamin E, Selenium and Zinc.

B VITAMINS:

Vitamin B₁, Vitamin B₂, Niacin, Vitamin B₆, Vitamin B₁₂, Folic acid, Pantothenic acid and Biotin.

MINERALS:

Manganese, Chromium, Magnesium, Calcium, Potassium and Iodine.

When shouldn't I take *alpha betic*?

If you have one of the following conditions you should not take *alpha betic*

- Calcium metabolism disorder
- Hipervitaminosis
- Susceptibility to one or more of the its constituents

What is the recommended daily dose?

1 caplet a day

What undesirable effects may occur when taking *alpha betic*?

Not known to the present date.

This product is not intended to diagnose, treat, cure or prevent any disease.

Note: It is important to combine your routine alpha betic supplementation with a proper dietary plan, regular exercise and right medication.

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