ConsumerLab.com announced that two of eleven alpha lipoic acid supplements that it recently chose to test contained significantly less ingredient than promised on their labels. Alpha lipoic acid is a natural antioxidant that can help diabetics by reducing symptoms of peripheral neuropathy and other organ damage. It is an approved prescription drug in Germany for treating neuropathies, but is sold in the US as a dietary supplement. It is commonly promoted as an "anti-aging" supplement due to preliminary studies in animals, although such effects have not been well established in people.

The new test findings are similar to those in the past that have found a small percentage of alpha lipoic acid supplements lack the ingredient. In a group of thirteen products tested in 2004, ConsumerLab.com found one with only 15% of its alpha lipoic acid. In 2005, tests of nine alpha lipoic acid products from Japan identified one that had none of the ingredient.

Alpha lipoic acid can degrade if mixed with certain compounds, such as thiamin. After reviewing the recent test results, ConsumerLab.com's Vice President for Research, Dr. William Obermeyer, noticed that thiamin was listed as an ingredient in a product that yielded only half of the claimed amount of alpha lipoic acid. Dr. Obermeyer noted that, "This supplement was doomed to failure by its very formula. Ironically, it was among the most expensive products, and its label touted unsurpassed quality and integrity." The second product that failed testing contained 88% of its claimed amount.

The Product Review of Alpha Lipoic Acid Supplements can be found at www.consumerlab.com/results/alphalipoic.asp and includes results for fourteen products. Eleven of the products were selected by ConsumerLab.com, and three others are included for having passed the same evaluation through ConsumerLab.com's Voluntary Certification Program. Also listed are two products, similar to ones that passed, that are sold under other brand names. The Review provides information on how to choose and use these supplements. Brands included in the report are Age-Less Rx, Andrew Lessman Pro Caps Laboratories, Bronson, Life Wise, Natural Factors, Nature's Bounty, Nature's Life, Pure Encapsulations, Puritan's Pride, Solgar, Source Naturals, The Vitamin Shoppe, Thompson Nutritional, and Vitamin World.

Reviews of other popular types of supplements are also available online. New Reviews soon to be released include Eye Health Supplements (Lutein and Zeaxanthin), Milk Thistle, Nutrition Drinks, and Resveratrol (Red Wine Extract).