

Formulation of An Anti Aging Cream Containing Alpha Lipoic Acid

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Abstract: *Alpha-lipoic acid (αLA), a naturally occurring antioxidant produced in human tissues, has garnered increasing attention in recent years due to its anti-aging properties. All eukaryotic cells' mitochondria contain αLA, a short-chain fatty acid that contains sulphur. Both αLA's reduced form (dihydrolipoic acid, or DHLA) and its oxidized disulfide both have strong antioxidant properties. As people age, their bodies gradually produce less αLA, which can lead to a number of health issues. Its absence can be made up for by obtaining it from outside sources, including dietary supplements or prescription dosage forms. An overview of the most recent two-decade studies on the usage of αLA from an anti-aging perspective was one of the main goals of this work.*

Keywords: Alpha Lipoic Acid, Anti-aging, Antioxidant

