

# Lipoic acid

## General:

Lipoic acid is an organosulfur compound, one enantiomer is an essential cofactor for many enzyme complexes. One of the most important roles of lipoic acid is as a cofactor in aerobic metabolism, specifically the pyruvate dehydrogenase complex.

Lipoic acid is found in almost all foods, but slightly more in kidney, heart, liver, spinach, broccoli, and yeast extract. Naturally occurring lipoic acid is always covalently bound and not immediately available from dietary sources.

Lipoic acid was first postulated to be an effective antioxidant. Dihydrolipoic acid is able to regenerate (reduce) antioxidants, such as glutathione, vitamin C and vitamin E.

Material: 1 ml serum

TAT: 7-10 days\*

Method: LCMS

Unit: µg/L

Ref.- range: see report

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>