

Alpha-Lipoic Acid & Benfotiamine

Nerve-support supplements for diabetic neuropathy, burning feet, and tingling.

Why Dr. Lyons may recommend these

Many patients with diabetes, prediabetes, or chronic burning/tingling in the feet benefit from two well-studied supplements that support nerve health: **alpha-lipoic acid (ALA)** and **benfotiamine** (a fat-soluble form of vitamin B1). Used together they target two different causes of nerve damage — oxidative stress and high blood-sugar by-products.

Alpha-Lipoic Acid (ALA)

A powerful antioxidant that works in both water and fat tissues, including the nerves of the feet.

- May reduce burning, stabbing, prickling, and numbness from diabetic peripheral neuropathy.
- Helps protect nerves from oxidative (free-radical) damage caused by high blood sugar.
- Supports healthy blood flow to small nerves in the feet.
- May modestly improve insulin sensitivity and blood-sugar control.

Typical dose: 600 mg by mouth once daily, taken on an empty stomach (30 minutes before food) for best absorption. Some patients use 300 mg twice daily.

Benfotiamine (Vitamin B1)

A fat-soluble form of thiamine that absorbs much better than regular B1 and reaches nerve tissue more effectively.

- Blocks harmful sugar by-products (AGEs) that damage nerves and small blood vessels.
- Studied for reduction of pain, burning, and numbness in diabetic neuropathy.
- Supports nerve fiber repair and healthy circulation.
- Often helpful when neuropathy symptoms are worse at night.

Typical dose: 300 mg by mouth twice daily with food. Many patients notice improvement after 4–8 weeks of consistent use.

How to take them together

- Morning: 600 mg ALA on an empty stomach + 300 mg benfotiamine with breakfast.
- Evening: 300 mg benfotiamine with dinner.
- Give it 8–12 weeks before judging the result. Keep a simple symptom diary.
- Continue your prescribed diabetes medications and keep A1C in target range.

Cautions

- ALA can lower blood sugar — monitor closely if you take insulin or sulfonylureas.
- Avoid if you are pregnant or nursing unless cleared by your physician.
- Stop and call us if you develop rash, stomach upset, or low blood sugar symptoms.

- Choose reputable brands labeled USP, NSF, or ConsumerLab verified.

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Disclaimer: This handout is for general patient education and is not medical advice. Supplements can interact with prescription medications and may not be safe for every patient. Talk with Dr. Lyons or your primary provider before starting any new supplement, especially if you are pregnant, nursing, have diabetes, kidney or liver disease, a bleeding disorder, or take blood thinners.