**Comprehensive Guide to Alpha Lipoic Acid (ALA)**

Alpha Lipoic Acid (ALA) is a powerful antioxidant that plays a critical role in protecting cells from oxidative damage, supporting energy production, and assisting in the regeneration of other antioxidants. It is found in both plant-based and animal-based foods, although animal sources tend to have higher concentrations of ALA compared to plant sources.

**Vegan Foods High in Alpha Lipoic Acid**

Spinach: 0.9 mg per 100g (fresh)

Reputable Brands: Earthbound Farm Organic (USDA Organic, Non-GMO Project Verified), Organic Girl (USDA Organic)

Broccoli: 0.7 mg per 100g (fresh)

Reputable Brands: Green Giant Organic (USDA Organic), Cedar Lane (USDA Organic, Non-GMO Project Verified)

Brussels Sprouts: 0.7 mg per 100g (fresh)

Reputable Brands: Driscoll's Organic (USDA Organic), Stater Bros. Organic (USDA Organic, Non-GMO Project Verified)

Peas: 0.5 mg per 100g (fresh)

Reputable Brands: Earthbound Farm Organic (USDA Organic, Non-GMO Project Verified), Cascadian Farm Organic (USDA Organic)

Tomatoes: 0.3 mg per 100g (fresh)

Reputable Brands: San Marzano Organic (USDA Organic, Non-GMO Project Verified), Muir Glen Organic (USDA Organic, Non-GMO Project Verified)

Carrots: 0.2 mg per 100g (raw)

Reputable Brands: Bolthouse Farms Organic (USDA Organic), Organic Carrots from Cal-Organic Farms (USDA Organic)

Yams and Sweet Potatoes: 0.1 mg per 100g (cooked)

Reputable Brands: Cypress Grove Organic (USDA Organic), Earthbound Farm Organic (USDA Organic)

Brown Rice: 0.1 mg per 100g (cooked)

Reputable Brands: Lundberg Family Farms Organic (USDA Organic, Non-GMO Project Verified), RiceSelect Organic (USDA Organic)

**Animal-Based Foods High in Alpha Lipoic Acid**

Organ Meats (Liver): 3.2 mg per 100g (beef liver)

Reputable Brands: US Wellness Meats (grass-fed, hormone-free), Thousand Hills Lifetime Grazed (100% grass-fed beef, Non-GMO)

Beef (Grass-Fed): 1.1 mg per 100g (cooked, lean cuts)

Reputable Brands: Belcampo (USDA Organic, grass-fed, Non-GMO), White Oak Pastures (grass-fed, Non-GMO)

Pork (Pasture-Raised): 0.9 mg per 100g (cooked, lean cuts)

Reputable Brands: Niman Ranch (pasture-raised, Non-GMO), Ferndale Market (heritage breed, Non-GMO)

Chicken (Pasture-Raised): 0.5 mg per 100g (cooked, skinless breast)

Reputable Brands: Petaluma Poultry (pasture-raised, Non-GMO), Vital Farms (pasture-raised, Non-GMO)

Eggs (Pasture-Raised): 0.3 mg per egg

Reputable Brands: Vital Farms (pasture-raised, Non-GMO), Happy Egg Co. (free-range, Non-GMO)

Milk (Grass-Fed): 0.2 mg per 100g (whole milk)

Reputable Brands: Organic Valley Grassmilk (USDA Organic, grass-fed, Non-GMO), Strauss Family Creamery (grass-fed, Non-GMO)

Cheese (Grass-Fed): 0.1 mg per 100g (cheddar)

Reputable Brands: Organic Valley (USDA Organic, grass-fed), Milk Source (grass-fed, Non-GMO)