

## **Alpha-Lipoic Acid In Threatened Spontaneous Abortion and Subchorionic Hemorrhage**

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There are several articles in the medical literature documenting studies of the use of alpha-lipoic acid in the setting of threatened spontaneous abortion, especially in the setting of subchorionic hemorrhage. The most common doses are 300 mg orally twice a day and 10 mg vaginally twice a day.

Here are some references.

Petca, Bot, et al. Benefits of  $\alpha$ -lipoic acid in high-risk pregnancies (Review). *Exp Ther Med*. 2021 Aug 31;22(5):1232. doi: 10.3892/etm.2021.10666. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8438679/#b42-etm-0-0-10666>.

Parente, Colannino, Picconi, Monastra. Safety of oral alpha-lipoic acid treatment in pregnant women: a retrospective observational study. *European Review for Medical and Pharmacological Sciences* 2017; 21: 4219-4227.

Porcaro, Brillo, Gliardina, Di Orio. Alpha Lipoic Acid (ALA) effects on subchorionic hematoma: preliminary clinical results. *European Review for Medical and Pharmacological Sciences* 2015; 19: 3426-3432.

Costantino, Guaraldi, Costantino. Resolution of subchorionic hematoma and symptoms of threatened miscarriage using vaginal alpha lipoic acid or progesterone: clinical evidences. *European Review for Medical and Pharmacological Sciences* 2016; 20: 1656-1663.

Vitrano, Mocera, Guardino, Giallombardo, Venezia. Oral plus vaginal alpha-lipoic acid in women at risk for preterm delivery. *IJMDAT* 2018; 1(1): e104.

Cilaker Micili, Goker, Kuscu, Ugur Ergur, Andrea Fuso.  $\alpha$ -Lipoic Acid Vaginal Administration Contrasts Inflammation and Preterm Delivery in Rats. *Reproductive Sciences* 2019, Vol. 26(1) 128-138.