

ABSTRACT

Provision of a stable α -lipoic acid. A method for producing α -lipoic acid nanoparticles, the method comprising the steps of: preparing an aqueous dispersion liquid containing α -lipoic acid and a nonionic surfactant; adding a divalent metal salt into the aqueous dispersion liquid, wherein the divalent metal salt is a divalent metal halide, a divalent metal acetate or a divalent metal gluconate; and adding an alkali metal carbonate or an alkali metal phosphate into the aqueous dispersion liquid which has been added with the divalent metal salt, thereby forming α -lipoic acid nanoparticles.