

USAGE: Take 1 to 2 tablets per day with meals, or as directed by your qualified health care consultant.

Note: Individuals who are diabetic, being treated for glucose control, have any other medical condition, are pregnant or lactating, are under the age of 18, or are taking medications should consult a health care professional before using this product.

Alpha Lipoic Sustain® 300 is in a bilayer Quick Release/Sustained Release format to maximize blood levels and to minimize gastric irritation and blood sugar fluctuations.* Alpha Lipoic Acid is a unique lipid and water soluble antioxidant that is a cofactor in energy production, helping to regulate glucose metabolism.* ALA also promotes the synthesis of glutathione.* Biotin is added for optimum ALA activity.*

The advanced bilayer technology combines 1/3 Quick Release and 2/3 Sustained Release formats to both immediately raise and to maintain blood levels over a longer period of time.*

Keep out of the reach of children.

To report an adverse event: 866-459-4154

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Superior Nutrition and FormulationSM by

Jarrow FORMULAS®

Los Angeles, CA 90035-4317

www.Jarrow.com

Lot #. Best Used Before:



Jarrow FORMULAS®

Alpha Lipoic Sustain® 300

with Biotin

Pharmaceutical Grade

New Bilayer Tablets!

Quick + Sustained Releases

Promotes Glutathione and Antioxidant Status*

300 mg

60 Bilayer Tablets

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Biotin	333 mcg	111%
Alpha Lipoic Acid	300 mg	*

* Daily Value not established.

Other Ingredients: Polyacrylate polymer, calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, vanilla and beet root powder (for color).

Suitable for vegetarians/vegans.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Jarrow
Bilayer

SUSTAINED
QUICK

0409ALA300 PROD # 120010



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