

USAGE: Take 1 to 6 capsules per day, preferably with meals, or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially diabetes or being treated for glucose control), are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications (especially for glucose control), consult your health care practitioner before using this product.

Jarrow FORMULAS® 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 an essential cofactor that is important for energy production and lipid metabolism.* Biotin is added for optimum ALA activity.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

ALPHA Lipoic ACID

with Biotin

**Powerful
Antioxidant***

100 mg 90 Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

	Amount Per Capsule	% DV
Biotin	333 mcg	111%
Alpha Lipoic Acid (Thioctic Acid)	100 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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