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# alpha lipoic acid

## 200 mg

helps support skin health\*



50 CAPSULES  
DIETARY SUPPLEMENT

ACTUAL SIZE



50  
CAPSULES

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving	%Daily Value	
Alpha Lipoic Acid	200 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Rice Powder, Gelatin, Cellulose (Plant Origin), Vegetable Magnesium Stearate, Silica.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

\*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.

**ANTIOXIDANT SUPPORT\***  
As a supplement, alpha lipoic acid contains antioxidant properties that help fight cell-damaging free radicals in the body.\* Free radicals can contribute to oxidative stress which in turn may contribute to the premature aging of cells.\*

**Directions:** For adults, take one (1) capsule twice daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

**KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

**Questions? Call 1-800-910-6874**  
094 02 0358 ID201431  
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Minneapolis, MN 55403  
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Manufactured by: United States Nutrition, Inc.  
Bohemia, NY 11716-2510, USA  
**PROD. NO. 129**  
**B130 08C**

444539 - 05 EXP 04/15