

USAGE: Take 1 capsule per day or as directed by your qualified healthcare professional.

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

Jarrow Formulas® Stabilized R-Alpha Lipoic Acid (Bio-Enhanced® Na-RALA) is R-(+)-Alpha Lipoic Acid (RALA). It is heat and shelf stable and exhibits high bioavailability. Most alpha-lipoic acid supplements are racemic (i.e., they include equal amounts of the [R] and [S] forms). However, only RALA is the form found naturally in the body. RALA is a unique cofactor in energy production and helps regulate glucose and lipid metabolism.* RALA promotes the synthesis of glutathione and the induction of Phase II detoxification enzymes in the liver.* d-Biotin is a natural cofactor and may complement RALA in promoting mitochondrial health.*

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®

R-Alpha Lipoic Acid

Superior Bioavailability + Biotin
and Activity*

100
MILLIGRAMS

60
VEGGIE CAPS

DIETARY
SUPPLEMENT



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
d-Biotin	150 mcg	500%
R-Alpha Lipoic Acid (from 125 mg Sodium R-alpha Lipoate (Bio-Enhanced® Na-RALA))	100 mg	†

† Daily Value not established.

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

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

Suitable for vegetarians/vegans.

Bio-Enhanced® Na-RALA is a registered trademark of GeroNova Research, Inc.

03418RALA PROD # 120039

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