ALA Release

An alpha-lipoic acid complex, containing alpha-lipoic acid, R-alpha-lipoic acid, biotin, and calcium.

Suggested Use

As a dietary supplement, 1 tablet one or two times daily with food, or as directed by a healthcare practitioner.

WARNING: Alpha-lipoic acid may lower blood glucose levels; those with diabetes or related conditions should monitor blood glucose levels. Pregnant or breast-feeding women, those with thiamine deficiency or thyroid disease, and children should use alpha-lipoic acid only under the supervision of a healthcare professional.

Keep in a cool, dry place, tightly capped.

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Formulated exclusively for
Allergy Research Group®
South Salt Lake, UT 84115
www.allergyresearchgroup.com
Phone: 800.545.9960

AllergyResearchGroup®

ALA Release

Lipoic Complex

dietary supplement

60 tablets

Supplement Facts

Serving Size	1 Tablet
Servings Per Container	60

Amount Per Serving		% Daily Value*
Biotin (as d-Biotin)	1 mg	333%
Calcium (as Calcium Sulfate)	60 mg	6%
Alpha-Lipoic acid	270 mg	†
R-*Alpha*-Lipoic acid (as R-*alpha* Lipoic Acid sodium salt)	30 mg	†

† Daily Value not established.
* Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Magnesium stearate, cellulose, magnesium trisilicate, silica, cellulose & glycerin coating, stearic acid, vegetable glaze.

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