

USAGE: Take 1 to 6 tablets per day in divided doses, preferably with meals 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® 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, another powerful antioxidant and a critical component of the body's endogenous antioxidant network.* **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.
Store in a cool, dry place.

* 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
F O R M U L A S

Alpha Lipoic Acid with Biotin

180 TABLETS

Powerful Antioxidant*

100
MILLIGRAMS

180
TABLETS

**DIETARY
SUPPLEMENT**



EASY SOLV
Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
Los Angeles, CA 90035-4317
www.Jarrow.com
(866) 459-4154

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

	Amount Per Serving	% DV
Biotin	330 mcg	1,100%
Alpha Lipoic Acid (Thioctic Acid)	100 mg	†
† Daily Value not established.		

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), natural vanilla flavor, magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

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

Suitable for vegetarians/vegans.

04419ALA180

PROD # 120003



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FILL LINE