



Alpha Lipoic Acid (R-ALA)

For best results, refrigerate upon arrival.

Storage: Keep dry, cool & dark

10g (0.35oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 200 milligrams

Servings per container: 50

Amount Per Serving	% Daily Value**
R-Alpha Lipoic Acid (ALA) 200 mg	*

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: none

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 50 mg (scant 1/32 tsp) to 200 mg (3/32 tsp) one to three times daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/32 teaspoon	66
1/16 teaspoon	132
1/8 teaspoon	265

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.