



Alpha Lipoic Acid (RS-ALA)

For best results, refrigerate upon arrival.

Storage: Keep dry, cool & dark

50g (1.76oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 200 milligrams

Servings per container: 250

Amount Per Serving	% Daily Value**
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RS-Alpha Lipoic Acid (RS-ALA) 200 mg	x
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* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

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

Directions: As a dietary supplement, take 100 mg (scant 1/16 tsp) to 200 mg (scant 1/8 tsp) two or three times daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/32 teaspoon	60
1/16 teaspoon	121
1/8 teaspoon	243

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!**