

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) and exhibits high bioavailability. Most alpha-lipoic acid supplements are racemic (i.e., equal amounts of the [R] and [S] forms). RALA is the form found 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.
Suitable for vegetarians/vegans.**

* 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.

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

Lot #. Best Used Before:

Jarrow
F O R M U L A S

R-Alpha Lipoic Acid

Superior Bioavailability +Biotin
and Activity*

100

MILLIGRAMS

60

VEGGIE CAPS

DIETARY

SUPPLEMENT



www.nsfnon GMO.org

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Biotin (as d-Biotin)	150 mcg	500%
R-Alpha Lipoic Acid (from 125 mg Sodium R- <i>alpha</i> 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.

Store in a cool, dry place.

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

03420RALA PROD # 120039



APPROX.
FILL LINE

© 2020 Jarrow FORMULAS®