

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.



ALA Release

Lipoic Complex

Hypoallergenic

Dietary Supplement

60 vegetarian tablets



Formulated exclusively for
NutriCology®
South Salt Lake, UT 84115
www.nutricology.com
Phone: 800.545.9960

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	% Daily Value*	
Biotin (as d-Biotin)	1 mg	3333%
Calcium (as Calcium hydroxyapatite)	60 mg	5%
Phosphorus (as Calcium hydroxyapatite)	31 mg	2%
Alpha-Lipoic acid (as Thioctic Acid)	270 mg	†
R-Alpha-Lipoic acid (43 mg of 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: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze.

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