

USAGE: Take 1 tablet 1 or 2 times per day with meals or as directed by your qualified healthcare professional.

NOTE: During use, advise your medical professional that you are taking Biotin before any blood tests. Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially if being treated for glucose control); if adverse reactions occur, discontinue use.

Alpha lipoic acid (ALA) is an antioxidant functioning in glucose metabolism and energy production.* Jarrow Formulas' Alpha Lipoic Sustain® is formulated with advanced bilayer Sustain™ tablets that combine 1/3 Quick Release and 2/3 Sustained Release formats both to raise and to maintain ALA blood levels with ALA release over time.*

Keep out of the reach of children.
Store in a cool, dry place.
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.**

Lot #. Best Used Before:

Jarrow
F O R M U L A S

**Value
Size**

Alpha Lipoic Sustain® with Biotin

Bilayer Tablets

Quick + Sustained Releases

Promotes Glutathione* and Antioxidant Status*

120 TABLETS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Biotin (as d-Biotin)	330 mcg	1,100%
Alpha Lipoic Acid (Thioctic Acid)	300 mg	†

† Daily Value (DV) not established.

Other Ingredients: Calcium phosphate, cellulose, glyceryl behenate, stearic acid (vegetable source), beet root powder (for color), natural vanilla flavor, magnesium stearate (vegetable source), carbomer, silicon dioxide and food-grade coating (cellulose, stearic acid [vegetable source]).

Distributed Exclusively by **Jarrow Formulas®**
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Bilayer

**SUSTAINED
QUICK**



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APPROX.
FILL LINE