

USAGE: Take 1 capsule per day 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.

Jarrow Formulas® R-Alpha Lipoic Acid (Bio-Enhanced® Na-RALA) exhibits high bioavailability and is the form of alpha lipoic acid that occurs naturally in plants, animals, and the human body. RALA functions as an antioxidant and is cofactor for energy production and glucose and lipid metabolism.* d-Biotin prevents biotin deficiency from long-term alpha lipoic acid use.*

Keep out of the reach of children.

Suitable for vegetarians/vegans.

Store in a cool, dry place.

*** 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 +Biotin

High Bioavailability*

60 VEGGIE CAPS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Biotin (as d-Biotin)	150 mcg	500%
R-Alpha Lipoic Acid (from 125 mg Sodium R- <i>alpha</i> Lipoate [Na-RALA])	100 mg	†

† Daily Value (DV) not established.

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water), calcium phosphate, silicon dioxide and magnesium stearate (vegetable source).

Distributed Exclusively by **Jarrow Formulas®**
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www.nsfnon GMO.org

12520RALA PROD # 120039



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APPROX.
FILL LINE