

USAGE: Take 1 to 6 tablets per day, preferably with meals or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition (especially diabetes or being treated for glucose control) or are taking medications (especially for glucose control), consult your healthcare professional before using this product.

Jarrow Formulas® Alpha Lipoic Acid is a unique lipid and water soluble antioxidant that is a cofactor in energy production, helping to regulate glucose metabolism.* ALA also promotes the synthesis of glutathione.* **Biotin** is an essential cofactor that is important for energy production and lipid metabolism.* Biotin is added for optimum ALA activity.

Keep out of the reach of children.

* 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

Alpha Lipoic Acid with Biotin

Powerful Antioxidant*

100
MILLIGRAMS

60
TABLETS

DIETARY
SUPPLEMENT



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

	Amount Per Serving	% DV
Biotin	333 mcg	111%
Alpha Lipoic Acid (Thioctic Acid)	100 mg	*

* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, stearic acid (vegetable source), natural flavor, magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

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