

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). It is heat and shelf stable and exhibits high bioavailability. Most alpha-lipoic acid supplements include equal amounts of the (R) and (S) forms. However, only RALA is found naturally 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.* d-Biotin is a natural cofactor and may compliment RALA in promoting mitochondrial health.*

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
FORMULAS®

R-Alpha Lipoic Acid with Biotin

Superior Bioavailability and Activity*

60
CAPSULES **DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

	Amount Per Serving	% DV
d-Biotin	150 mcg	50%
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, silicon dioxide and magnesium stearate (vegetable source). Capsule consists of gelatin.

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

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

06513RALA PROD # 120039

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