

SUGGESTED USE: Adults take 1 tablet 1-2 times a day with meals or as directed by your qualified healthcare professional. Alpha Lipoic Acid (ALA) is an antioxidant that supports normal glucose metabolism and cellular 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 to raise and to maintain ALA blood levels over time.*

WARNING: This product contains Biotin which may interfere with lab/blood tests. Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition (especially if being treated for glucose control); if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.
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.**

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PROD # 120010

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

VEGAN

**Jarrow
FORMULAS®**

Alpha Lipoic Sustain® with Biotin

UNIVERSAL ANTIOXIDANT

Supports cellular energy production & normal glucose metabolism*

 quick + sustained release

 gluten free

60 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, microcrystalline cellulose, glyceryl behenate, stearic acid (vegetable source), beet root powder (color), natural flavor, magnesium stearate (vegetable source), carbomer, silicon dioxide and coating (hydroxypropylmethylcellulose, stearic acid [vegetable source]).

Distributed by Jarrow Formulas, Inc.

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



APPROX.
FILL LINE