

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.

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**

 **non-gmo**

 **gluten free**

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, 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.
Sherman Oaks, CA 91403, USA
1-866-459-4154

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

11222ALAS120 PROD#120036



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APPROX.
FILL LINE