

**SUGGESTED USE:** Adults take 1 capsule once a day or as directed by your qualified healthcare professional.

**Jarrow Formulas® R-Alpha Lipoic Acid** (Bio-Enhanced® Na-RALA) exhibits high bioavailability and is the form of alpha lipoic acid found naturally in plants, animals, and the human body. RALA is an antioxidant and a cofactor in cellular energy production, as well as glucose and lipid metabolism.\* We have included d-Biotin in this formula because it helps to prevent biotin deficiency from long-term alpha lipoic acid use.\*

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

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Lot #. Best Used Before:

VEGAN

**Jarrow  
FORMULAS®**

# R-Alpha Lipoic Acid with Biotin

## HIGH BIOAVAILABILITY

Cofactor for cellular energy production,  
as well as glucose and lipid metabolism\*

✓ non-gmo

✓ gluten free

60 VEGGIE  
CAPSULES

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: Microcrystalline cellulose, capsule (hydroxypropylmethylcellulose, water), calcium phosphate, silicon dioxide and magnesium stearate (vegetable source).

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA 1-866-459-4154



11322RALA  
PROD # 120039



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

APPROX. FILL LINE