



# alpha lipoic acid

with  
Chromax® & biotin

300mg

specialty  
60 capsules  
dietary supplement

glucose metabolism<sup>▼</sup>  
energy<sup>▼</sup>  
antioxidant<sup>▼</sup>  
cellular health<sup>▼</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Biotin	100 mcg	33%
Chromium (Chromax®)(as chromium picolinate)	200 mcg	167%
Alpha Lipoic Acid	300 mg	*

\* Daily Value not established.

**Other ingredients:** Rice flour, gelatin, magnesium stearate.

**Does not contain:** Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

▼ 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.

Chromax® is a registered trademark of Nutrition 21.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule daily, preferably before a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Alpha Lipoic Acid and a combination of chromium and biotin **MAY HELP** support glucose levels that are already within the normal range.▼

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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