

DIRECTIONS: For adults, take one (1) quick release capsule three times daily, preferably with meals.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

Carefully Manufactured by
Nature's Truth LLC
Bohemia, NY 11716 USA
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1-844-544-1030
NaturesTruth.com



LOT 504516 EXP 06-2026



NT275
B270 A



DIETARY SUPPLEMENT

NATURE'S TRUTH®

VITAMINS

ALPHA LIPOIC ACID

200 mg

plus

BIOTIN OPTIMIZER



90 QUICK RELEASE CAPSULES

VALUE SIZE

Supplement Facts

Serving Size: 1 Quick Release Capsule
Servings Per Container: 90

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	333 mcg	1,110%
Alpha Lipoic Acid (Thioctic Acid)	200 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Rice Powder, Gelatin Capsule, Cellulose (Plant Origin), Vegetable Magnesium Stearate, Silica.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SUPPORTS ANTIOXIDANT HEALTH†