

USAGE: Take 1 to 6 capsules per day, preferably with meals or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition (especially diabetes or being treated for glucose control), under the age of 18, or are taking medications (especially for glucose control), consult your healthcare professional before using this product.

Jarrow Formulas® Alpha Lipoic Acid is a unique lipid and water soluble antioxidant that is a cofactor in energy production, helping to regulate glucose metabolism.* ALA also promotes the synthesis of glutathione, another powerful antioxidant and a critical component of the body's endogenous antioxidant network.* **Biotin** is an essential cofactor that is important for energy production and lipid metabolism.* Biotin is added for optimum ALA activity.

Keep out of the reach of children.

* 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.

Lot #: Best Used Before:

Jarrow
FORMULAS®

Alpha Lipoic Acid^{with Biotin}

90 CAPSULES

Powerful Antioxidant*

100
MILLIGRAMS

90
CAPSULES

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

	Amount Per Serving	% DV
Biotin	330 mcg	110%
Alpha Lipoic Acid (Thioctic Acid)	100 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

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

06115ALA90

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Distributed Exclusively by:
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