

**USAGE:** Take 1 tablet 1 or 2 times per day 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), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially for glucose control), consult your healthcare professional before using this product.

**Alpha Lipoic Sustain®** is in a special Sustain™ bilayer Quick Release/Sustained Release format to maximize and sustain blood levels and to minimize gastric irritation and blood sugar fluctuations.\* 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, a critical component of the body's endogenous antioxidant network.\* Biotin is added for optimum ALA activity.

The advanced bilayer Sustain™ tablets combine 1/3 Quick Release and 2/3 Sustained Release formats to both immediately raise and to maintain blood levels over a longer period of time.

**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 Sustain® with Biotin

**Bilayer Tablets**

**Quick + Sustained Releases**

**Promotes Glutathione\* and Antioxidant Status\***

**300**  
MILLIGRAMS

**30**  
TABLETS

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

|                                   | Amount Per Serving | % DV |
|-----------------------------------|--------------------|------|
| Biotin                            | 330 mcg            | 110% |
| Alpha Lipoic Acid (thioctic acid) | 300 mg             | *    |

\* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, glyceryl behenate, stearic acid (vegetable source), beet root powder (for color), natural vanilla flavor, magnesium stearate (vegetable source), carbomer, silicon dioxide and an aqueous-based coating.

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

**Suitable for vegetarians/vegans.**

**Bilayer**

**SUSTAINED  
QUICK**

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PROD # 120021

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