

**USAGE:** Take 1 SUSTAIN™ tablet 1 or 2 times per day with meals or as directed by your qualified health care consultant.

**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 health care practitioner before using this product.

**Alpha Lipoic Sustain® 300** is in a special SUSTAIN™ bilayer Quick Release/Sustained Release format to maximize 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.\* 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.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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Lot #. Best Used Before:

VALUE  
SIZE

**Jarrow**  
FORMULAS

# Alpha Lipoic Sustain® 300

with Biotin

Pharmaceutical Grade

**Bilayer Tablets**  
**Quick + Sustained Releases**

**Promotes Glutathione  
and Antioxidant Status\***

**300 mg 120 SUSTAIN™ Tablets**  
**Dietary Supplement**

## Supplement Facts

Serving Size 1 Tablet    Servings Per Container 120

|                                   | Amount Per Serving | % DV |
|-----------------------------------|--------------------|------|
| Biotin                            | 333 mcg            | 111% |
| Alpha Lipoic Acid (thioctic acid) | 300 mg             | *    |

\* Daily Value not established.

Other Ingredients: Calcium phosphate, cellulose, polyacrylate polymer, magnesium stearate (vegetable source), stearic acid (vegetable source), beet root powder (for color), natural flavor, 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.

**Jarrow**  
**Bilayer**

**SUSTAINED**  
**QUICK**

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