

**USAGE:** Take 1 capsule per day 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.

**Jarrow Formulas® Stabilized R-Alpha Lipoic Acid** (Bio-Enhanced® Na-RALA) is R-(+)-Alpha Lipoic Acid (RALA). It is heat and shelf stable and exhibits high bioavailability. Most alpha-lipoic acid supplements are racemic (i.e., they include equal amounts of the [R] and [S] forms). However, only RALA is the form found naturally in the body. RALA is a unique cofactor in energy production and helps regulate glucose and lipid metabolism.\* RALA promotes the synthesis of glutathione and the induction of Phase II detoxification enzymes in the liver.\* d-Biotin is a natural cofactor and may complement RALA in promoting mitochondrial health.\*

**Keep out of the reach of children.**

**Suitable for vegetarians/vegans.**

**Store in a cool, dry place.**

\* 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.

Bio-Enhanced® Na-RALA is a registered trademark of GeroNova Research, Inc.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

# R-Alpha Lipoic Acid

Superior Bioavailability and Activity\* **+Biotin**

**100**

MILLIGRAMS

**60**

VEGGIE CAPS

DIETARY

SUPPLEMENT



www.nsfnongmo.org

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
d-Biotin	150 mcg	500%
R-Alpha Lipoic Acid (from 125 mg Sodium R- <i>alpha</i> Lipoate [Bio-Enhanced® Na-RALA])	100 mg	†

† Daily Value not established.

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

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

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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06319RALA      PROD # 120039



FILL LINE

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