



alpha lipoic acid

with
Chromax® & biotin

300mg

nutrient metabolism[▼]

antioxidant[▼]

cellular health[▼]

specialty
120 capsules
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Biotin (as d-biotin)	100 mcg	330%
Chromium (Chromax®)(as chromium picolinate)	200 mcg	570%
Alpha Lipoic Acid	300 mg	*

* Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, dicalcium phosphate, magnesium stearate, silicon dioxide.

Does not contain: Gluten, Sugar, Salt, Artificial Colors or Flavors.

▼ 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.

Chromax® is a registered trademark of Nutrition 21.

DIRECTIONS: Take one (1) capsule daily, preferably before a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

Alpha Lipoic Acid and a combination of chromium and biotin **MAY HELP** support glucose levels that are already within the normal range.▼

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

