



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	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.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, 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: As a dietary supplement, 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.

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Item No.
VS-2231
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