

L-Carnitine

(Hypoallergenic)



Item # 70640 (250 mg) 40 tablets

Item # 73930 (500 mg) 250 tablets

The Possible Benefits of L-Carnitine, a Dietary Supplement

- Supports the body's ability to convert fatty acids to cellular energy*
- Supports healthy circulation, the heart and cardiovascular system*
- May support healthy fat metabolism in the liver*

Description

L-Carnitine is an amino acid found in most of the body's cells, where it transports long-chain fatty acids in the mitochondria, a key step in the production of cellular energy (ATP). The liver manufactures L-carnitine from L-lysine and L-methionine, requiring niacin, iron, and vitamins B6 and C in the process. L-carnitine is considered "conditionally essential", especially during times of high energy needs, such as pregnancy and breast-feeding.*

L-carnitine supports healthy circulation and the cardiovascular system, enhancing cardiac function and helping to protect the heart.* It supports triglycerides within normal levels, HDL-cholesterol within normal levels, and has antioxidant properties.*

The body stores most of its L-carnitine in cardiac and skeletal muscles. Cardiac and skeletal muscles rely on the beta-oxidation

of long-chain fatty acids for a significant portion of their cellular energy. This process of releasing energy from fat utilizes L-carnitine to transport the fatty acids across the inner membrane of the mitochondria. L-carnitine also helps remove accumulations of short- and medium-chain fatty acids from the mitochondria, as well as enhance the utilization of pyruvate and the efficiency of oxidative phosphorylation.* Together these functions facilitate cellular energy production.*

When utilized along with an exercise program, L-carnitine can reduce muscle soreness after exercising, and may support positive changes in metabolism and un-toned muscles.* L-carnitine may also support healthy fat metabolism in the liver.* L-carnitine does not provide the neuroprotective activity of acetyl-L-carnitine.*

Serving Size: 1 tablet

Servings Per Container: 40 (#70640) and 250 (#73930)

Amount Per Serving:

L-Carnitine (#70640) 250 mg

L-Carnitine (#73930) 500 mg

Other ingredients:

Cellulose, dicalcium phosphate, silicon dioxide, magnesium stearate, stearic acid.

Suggested Use: As a dietary supplement, 1 to 4 tablets (Item #70640), or 1 or 2 tablets (Item #73930) daily with meals, or as directed by a healthcare practitioner.

*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.

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