

L-Carnitine

(Hypoallergenic)



Item # 70640 (250 mg) 40 tablets
Item # 73930 (500 mg) 250 tablets

The Possible Benefits of L-Carnitine, a Food 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 support a healthy 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 utilises 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 utilisation of pyruvate and the efficiency of oxidative phosphorylation. Together these functions facilitate cellular energy production.

When utilised 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 food supplement, 1 to 4 tablets (Item #70640), or 1 or 2 tablets (Item #73930) daily with meals, or as directed by a healthcare practitioner.

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