



Presents for your consideration:

L-Carnitine

- ◆ **Beneficial for heart and circulatory health**
- ◆ **May have neuroprotective properties**
- ◆ **Supports mitochondrial fatty acid metabolism for high energy and overall vitality**
- ◆ **Possible immune system benefits**

L-Carnitine occurs naturally in animal products (esp. beef) with smaller amounts in dairy, fish and chicken and in very small amounts in avocado and some fermented soy products such as tempeh.

Methionine and lysine serve as precursors to the synthesis of L-Carnitine. High stress levels, parenteral nutrition patients and elderly patients may not be able to synthesize sufficient quantities of L-Carnitine. Under these circumstances L-Carnitine is considered a conditionally essential nutrient and supplementation may be required. Children at 2 1/2 years of age synthesize L-Carnitine at about 30% the adult rate. Full capacity does not occur until age 15.

L-Carnitine has cardioprotective activity, triglyceride lowering and HDL raising benefits. L-Carnitine may protect neurological protective properties.

All body tissues, except for the brain metabolize long-chain fatty acids for energy production. L-Carnitine transports long-chain fatty acids into the mitochondria where they are oxidized (metabolized) and enhance the mitochondrial production of adenosine triphosphate (ATP). Enhancing ATP production improves the metabolic efficiency in the tissues involved.

L-Carnitine	Amounts per serving
Serving Size	1 veggie capsule
Number of servings per container	60
L-Carnitine Tartrate (67%) (Yields 500 mg of Elemental L-Carnitine)	750 mg
Suggested Dose: As a dietary supplement, take 1-2 capsules daily between meals or as directed by your health care practitioner.	

Walking capacity is significantly improved for patients with lower leg cramping due to circulatory vasospasm. Skeletal muscle function and metabolic efficiency is enhanced with L-Carnitine supplementation.

Approximately 40% of those with nutrient deficiency induced muscle disease respond favorably to L-Carnitine therapy with enhanced muscle strength and reduced muscle

breakdown proteins in the urine (myoglobinuria).

The liver and kidney are involved in of L-Carnitine synthesis. Those with liver disease or chronic kidney disease may have impaired L-Carnitine synthesis and suffer from L-Carnitine deficiencies in skeletal and heart muscle tissues.

L-Carnitine has been observed to lower inflammatory cytokines such as tumor necrosis factor. It also was shown to increase lymphocyte proliferation in response to mitogen exposure.

References:

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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