

L-Carnitine 500mg

(Free-form)

Presentation

White powder in a clear hard shell capsule.

Each capsule delivers:

L-Carnitine Tartrate	745mg
providing L-Carnitine	500mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Silicon Dioxide, Magnesium Stearate.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8306



Uses

Carnitine is an important amino acid made by the body from lysine. Its most important known metabolic function is to transport long chain fatty acids into the mitochondria of muscle cells, including those in the myocardium, for oxidation. In this sense, carnitine is essential for normal growth development. Cardiac muscle is especially dependent upon this mechanism as an important source of metabolic energy. In addition carnitine has a role in the thermogenesis (heat production) of brown adipose tissue, and in the regulation of gluconeogenesis. It is often taken as a supplement by slimmers. Dietary supplementation of L-Carnitine can safeguard intake of this metabolically essential substance.

- Because of its physiological role, L-Carnitine supplementation is often chosen by sports people
- Has been recommended for slimmers
- May enhance sperm motility and aid male fertility in some cases.

Usage and administration

1 capsule daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

