

# Acetyl-L-Carnitine

Supports cognitive function and brain health<sup>†</sup>

## INDICATIONS

- Ages 18 and up

## BENEFITS

- Supports memory<sup>†</sup>
- Promotes healthy mitochondrial function and cell membrane stability<sup>†</sup>

## FEATURES

- Acetylated form of L-carnitine
- Offered in two options: 500 mg per capsule and small-size 250 mg per capsule

## VERIFIABLE SCIENCE

Acetyl-L-carnitine is the acetylated form of L-carnitine, and the two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-L-carnitine supports the availability of acetyl-CoA, an important energy-generating metabolite.<sup>1</sup> In addition, it supports healthy mitochondrial function and cell membrane stability.<sup>2</sup> A multicenter trial of 481 volunteers indicated memory, behavioral and emotional support with acetyl-L-carnitine supplementation.<sup>3</sup> In an evaluation of 28 elderly individuals using acetyl-L-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.<sup>4†</sup>

## SUGGESTED USE

Acetyl-L-Carnitine 250 mg

As a dietary supplement, take 1-4 capsules daily, between meals.

Acetyl-L-Carnitine 500 mg

As a dietary supplement, take 1 capsule, 1-2 times daily, between meals

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Acetyl-L-Carnitine HCl is synthetically derived

## NOTES

Acetyl-L-Carnitine 250 mg

Size 1 caps

Bottle count 60

Order code ALC26

Bottle size 120 cc

Acetyl-L-Carnitine 500 mg

Size 00 caps

Bottle count 60

Order code ALC56

Bottle size 190 cc

## REFERENCES

1. Rosca MG, et al. *Adv Drug Deliv Rev.* 2009 Nov 30;61(14):1332-42.
2. Kerner J, et al. *Mech Ageing Dev.* 2015 Jan;145:39-50.
3. Salvioli G, et al. *Drugs Exp Clin Res.* 1994;20(4):169-76.
4. Cucinotta D, et al. *Drug Development Research.* 1988. 14(3-4); 213-216.

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## SUPPLEMENT FACTS

1-4 capsules daily, between meals.

Each (size 1) vegetarian capsule contains:

Acetyl-L-carnitine HCl 250 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Acetyl-L-Carnitine 250 mg	Quantity	Order Code
	60	ALC26

1 capsule, 1-2 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Acetyl-L-carnitine HCl 500 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate



Acetyl-L-Carnitine 500 mg	Quantity	Order Code
	60	ALC56

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.