

L-Carnitine

Cardiovascular and endurance support[†]

INDICATIONS

- Ages 18 and up
- Energy and cardiovascular health support[†]

BENEFITS

- Supports cellular energy production[†]
- Promotes cardiovascular health[†]
- Helps with physical recovery from high-intensity exercise[†]

FEATURES

- Contains 68% pure l-carnitine and 32% natural l-tartaric acid
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

L-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. L-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. A randomized double-blind, placebo-controlled trial of l-carnitine involving 101 volunteers indicated that l-carnitine maintained healthy lipid peroxides and cardiac enzymes including lactate dehydrogenase.¹ In combination with other cardiovascular support agents, l-carnitine supported ventricular function and superoxide dismutase enzyme activity in human volunteers.² Long-term l-carnitine supplementation indicated positive support for cardiovascular health after a 3-year follow-up in adult subjects.³ A placebo-controlled clinical study conducted at Ball State University in Indiana has found that l-carnitine-l-tartrate supplementation helps physical recovery from high intensity exercise.⁴ L-Carnitine-l-tartrate contains 68% pure l-carnitine and 32% natural l-tartaric acid.[†]

SUGGESTED USE

As a dietary supplement, take 2 capsules, 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

- L-Carnitine-l-tartrate contains 68% pure l-carnitine and 32% natural l-tartaric acid
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 0 caps

Bottle count 60, 120

Order codes LC6, LC1

Bottle sizes 120 cc, 190 cc

REFERENCES

1. Singh RB, et al. *Postgrad Med J.* 1996 Jan;72(843):45-50.
2. Gürlek A, et al. *Eur J Heart Fail.* 2000 Jun;2(2):189-93.
3. Rizos I. *Am Heart J.* 2000 Feb;139(2 Pt 3):S120-3.
4. Spiering BA, et al. *J Strength Cond Res.* 2007 Feb;21(1):259-64.

SUPPLEMENT FACTS

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

Two (size 0) vegetarian capsules contain:

L-Carnitine (free-form) (from l-carnitine-l-tartrate) 680 mg

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



I-Carnitine	Quantity	Order Code
	120	LC1
	60	LC6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.