

L-Carnosine

Versatile antioxidant support for cellular health and longevity[†]

INDICATIONS

- Ages 18 and up
- Cell health and longevity[†]

BENEFITS

- Promotes cell health and cell longevity[†]
- An important factor in high-intensity exercise performance[†]
- May promote DNA integrity[†]
- May support superoxide dismutase activity[†]

FEATURES

- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

L-Carnosine (beta-alanyl-L-histidine) occurs naturally in the body's muscle and nervous tissues and is formed by the amino acids alanine and histidine. Levels of this dipeptide can decline with age.¹ It is a water-soluble antioxidant and promotes cell health and cell longevity.² In vitro, L-carnosine maintains healthy advanced glycation end-product, or AGE, activity. These end-products are formed when aldehydes (such as aldose and ketose sugars) and lipid peroxidation by-products bind to proteins.³ L-Carnosine plays a role in maintaining DNA integrity.⁴ L-Carnosine may also support superoxide dismutase activity.⁵ In addition, L-carnosine may help to maintain healthy peptide metabolism in the brain and its membrane-stabilizing properties support cellular health in the cardiovascular system.^{6,7} Some evidence suggests that the concentration of L-carnosine is an important factor in high-intensity exercise performance.^{8†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 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-Carnosine is synthetically produced

NOTES

Size 00 caps

Bottle counts 60, 120

Order codes LCA6, LCA1

Bottle sizes 190 cc, 290 cc

REFERENCES

1. Stuerenburg HJ, et al. *Arch Gerontol Geriatr.* 1999 Sep-Oct;29(2):107-13.
2. Shao L, et al. *Biochem Biophys Res Commun.* 2004 Nov 12;324(2):931-6.
3. Brownson C, et al. *Free Radic Biol Med.* 2000 May 15;28(10):1564-70.
4. Hipkiss AR, et al. *Neurosci Lett.* 1997 Dec 5;238(3):135-8.
5. Slowinska-Lisowska M, et al. *Acta Physiol Hung.* 2014 Dec;101(4):461-70.
6. Hipkiss AR, et al. *Neurosci Lett.* 1997 Dec 5;238(3):135-8.
7. Evran B, et al. *Pharmacol Rep.* 2014 Feb;66(1):81-6.
8. Suzuki Y, et al. *Jpn J Physiol.* 2002 Apr;52(2):199-205.

SUPPLEMENT FACTS

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

L-Carnosine (beta-alanyl-L-histidine) 500 mg

Other ingredients: vegetarian capsule (cellulose, water)



L-Carnosine	Quantity	Order Code
	120	LCA1
	60	LCA6

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