

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:

I-Carnosine (beta-alanyl-L-histidine)	500 mg
Other ingredients: vegetarian capsule (cellulose, water)	



I-Carnosine	Quantity	Order Code
	120	LCA1
	60	LCA6

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.