



100% Pure Liquid L-Carnitine
1,000 mg
Convenient, great tasting and rapid absorption

L-Carnitine is an amino acid produced by the body from the combination of two other amino acids, L-Lysine and L-Methionine. The body produces **L-Carnitine** in the liver and kidneys and stores it in the skeletal muscles, heart, and brain. **L-Carnitine** helps the body convert long-chain fatty acids into energy, which is used primarily for muscular activities throughout the body. It is also used for fat-burning, increasing energy, and improving resistance to muscle fatigue. **L-Carnitine** has also been shown to help build muscle and treat some forms of cardiovascular disease. It is also great in dieting, as it has is known to reduce feelings of hunger and weakness.

L-Carnitine is essential to building muscle in the ATP energy cycle because of its oxidation properties with Pyruvate and branched chain amino acids (L-Leucine, Isoleucine and Valine).

L-Carnitine may also inhibit lactic acid buildup in the muscles. Lactic acid buildup is the top cause of muscle atrophy and fatigue, two common contributors to Fibromyalgia. Clinical research reveals muscle levels of **L-Carnitine** are markedly increased after supplementation. Clinical research has also shown that **L-Carnitine** supports athletic performance in endurance athletes.

L-Carnitine deficiency can lead to elevated serum Triglyceride levels. In the human body, high levels of triglycerides in the bloodstream have been linked to atherosclerosis, and, by extension, the risk of heart disease and stroke.

L-Carnitine has been known to reduce Triglyceride levels by as many as 100 points in 10 days with the proper dosage.

L-Carnitine has been approved by the FDA under the name *CARNITOR*® as a therapy for low energy levels, congestive heart disease, and other diseases associated with low cellular energy. Numerous published studies have shown that **L-Carnitine** is effective in treating a wide range of diseases including the neurological diseases of aging, immune dysfunction, and diabetic complications. **L-Carnitine** plays a crucial role in cardiovascular metabolism and weight management. In addition to helping those with **L-Carnitine** deficiencies, **L-Carnitine** supplementation may be beneficial to individuals with the following conditions:

- **ADHD**
- **Fertility**
- **Hyperthyroidism**
- **Weight Loss**
- **Kidney Disease**
- **Liver Disease**
- **Energy metabolism**
- **Essential for the transport of fat into the body's fat burning factories.**

Sources:

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