

I-Carnitine

250 mg - 60 capsules

- Aids transportation and conversion of fats into energy.
- Boosts energy production and enhances endurance.
- Supports fatty acid metabolism.
- Reduces post-exercise lactic acid build up.
- Increases maximal work output
- Preserves muscle glycogen during exercise.
- Supports healthy cholesterol metabolism.



Supports Fat Metabolism and Energy Production: L-carnitine is found abundantly in muscle tissue and functions primarily to regulate fat metabolism and transport fatty acids into the mitochondria of cells, where they are oxidized and converted to energy.

Promotes Fat Burning, Energy Surges & Muscle Fatigue Resistance: Studies suggest that athletes may need more L-carnitine than their body can produce. This can have an effect on your performance, since L-carnitine has the potential to improve fat metabolism, increase endurance, and enhance the normal functioning of the heart. During intense exercise, L-carnitine may help reduce post-exercise lactic acid levels and increase maximal work output. Studies show it may even preserve muscle glycogen during exercise, keeping you energized longer.

-carnitine is essential to the transportation of long-chain fatty acids into the cells where the fats can be converted to energy. Recent research indicates carnitine plays an important role in converting stored body fat into energy, energizing the heart, reducing angina attacks, controlling hypoglycemia, and is beneficial with diabetes, liver disease and kidney disease.

Carnitine comes in both L- and D-carnitine forms. However, only the L- form is biologically active; the D- form is completely inactive and in large quantities and particular conditions, the D- form may inhibit the utilization of L-carnitine.

- Increases blood fluidity and oxygen transport.
- Increases experiences of energy surges.
- Helps improve strength and growth of muscle.
- Relieves physical and mental fatigue.
- Lowers the heart rate under stress.
- Increases exercise tolerance.
- Supplies energy to cells.

Supplemental Facts:

1 tablet supplies:
250 mg of L-carnitine tartrate (yields 175 mg of L-carnitine)
No Daily Value has been established for L-carnitine.