

Acetyl-L-carnitine

500 mg, 100 capsules

Item Catalog Number: 00449

A major cause of aging is deterioration of the energy-producing components of the cell, resulting in reduced cellular metabolic activity, the accumulation of cellular debris and eventually cell death.1-7 L-carnitine helps maintain cellular energy metabolism by assisting in the transport of fat through the cell membrane and into the mitochondria within the cell, where fats are oxidized to produce the cellular energy ATP.8-13

Acetyl-L-carnitine is the acetylated ester of the amino acid L-carnitine. Acetyl-L-carnitine is an endogenous mitochondrial membrane compound that helps maintain mitochondrial bioenergetics and lowers the increased oxidative stress associated with aging.14 Acetyl-L-carnitine and L-carnitine are absorbed into the bloodstream efficiently. Both are effective at carrying fatty acids across the membrane into the cell where they are burned as energy and utilized efficiently by the mitochondria.15-17 Acetyl-L-carnitine also guards against oxidative damage.18,19 Amyloid-beta peptide is a principal component of senile plaques and is thought to be central to the pathogenesis of the degenerating process. Acetyl-L-carnitine exerts protective effects against A-beta neurotoxicity and oxidative stress.14

References

Supplement Facts

Serving Size 2 capsule

Servings Per Container 50

Amount Per Serving

Acetyl-L-carnitine (from acetyl-L-carnitine HCl)

1000 mg

Other ingredients: rice flour, gelatin, micro-crystalline cellulose, magnesium stearate, silica.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take two capsules once or twice daily, or as recommended by a healthcare practitioner.
- This product is best utilized when taken on an empty stomach with water or juice in divided doses 45 minutes before breakfast and lunch.

Caution

For some people, L-carnitine, especially acetyl-L-carnitine, may have a stimulating effect. Therefore, it may be unwise to take it in the evening.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Amino Acid, Cellular Energy, ATP

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