

**L-Carnitine****500 mg, 30 capsules**

Item Catalog Number: 01041

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

**References****Supplement Facts**

Serving Size 1 capsule

Servings Per Container 30

**Amount Per Serving**

L-Carnitine

500 mg

Other ingredients: gelatin, magnesium stearate, silicon dioxide.

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

**Dosage and Use**

- Take one capsule on an empty stomach not exceeding four capsules daily, or as recommended by a healthcare practitioner.

**Caution**

For some people, 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.

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