

L-Carnitine Powder**100 grams**

Item Catalog Number: 00051

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. 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 1/4 level teaspoon (approx 529 mg)

Servings Per Container approximately 189

Amount Per Serving

L-carnitine (as L-Carnitine Tartrate)

370 mg

Other ingredients: none.

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

Dosage and Use

- Take 1/8 level teaspoon one to four times daily on an empty stomach, or as recommended by a healthcare practitioner.
- Density may vary from lot to lot.

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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.