Nutritional support for your heart, mitochondria, energy levels and fat reduction.*

**PRIMARY USES**
- Encourage the body to use fat as fuel
- Improve mitochondria health
- Improve heart health

**QUICK FACTS**

Carnitine has been studied extensively because it is important to energy production and is a well-tolerated and generally safe therapeutic agent. Researchers prefer to study acetyl-L-carnitine because it is better absorbed in the small intestine than other forms, and more efficiently crosses the blood-brain barrier.

Studies show that L-carnitine improves the transport of long-chain fatty acids into the mitochondrial matrix, triggering cardioprotective effects through reduced oxidative stress, inflammation and cell death.

Research on aged rats found supplementation with high doses of acetyl-L-carnitine (ALC) and ALA (an antioxidant) reduced general deterioration.

ALC may help with mild cognitive impairment and Alzheimer’s disease. Several studies show improvements or slower declines in mental ability in people with Alzheimer’s disease who took ALC.

Once ALC passes through the blood-brain barrier, it helps promote synthesis of a primary neurotransmitter in the brain known as acetylcholine, which primarily allows for communication between nerve cells. This in turn helps support memory health, focus and alertness, improved sleep and muscle contractions.

L-carnitine has been shown to play a role in regulating calcium influx, making sure it stays out of your arteries and in your bones.

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### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1/2 Scoop (3 grams)</th>
<th>Servings Per Container: 50</th>
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<tbody>
<tr>
<td>Acetyl L-Carnitine 3g</td>
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<tr>
<td><strong>Amount Per Serving</strong></td>
<td>% Daily Value</td>
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<tr>
<td><strong>% Daily Value</strong></td>
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<tr>
<td><strong>Daily Value not established.</strong></td>
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</table>

**Other Ingredients:** None.

**Suggested Adult Use:** Take one half scoop with water or beverage of your choice, twice daily or as recommended.

**Free of:** sugar, soy, dairy, yeast, gluten or additives.

**Warning:** If you have a serious medical condition or are pregnant or lactating, consult your physician before use.

**Storage Instructions:** Store in a tightly closed container in a cool dry place. Avoid excess heat and moisture.

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*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*