

Acetyl L-Carnitine

PRODUCT INFORMATION

The ester acetyl-L-carnitine is not only biochemically similar to the amino acid carnitine, but it also has similar metabolic functions, especially in relation to the energy conversion of food. This nutrient can help increase the formation of acetylcholine in the brain, and thus help balance mood, and improve memory. It can also have a positive influence on the body's fat burning process.

Basics:

L-carnitine is the conventional biologically active form of carnitine that can be formed by the body itself, but can also be found in food. It is formed from the two amino acids L-lysine and L-methionine. Those foods that are rich in carnitine include meat, poultry, fish and dairy products.

Acetyl-L-carnitine is an ester of the amino acid L-carnitine, which in turn functions as a transport molecule for fatty acids through the mitochondrial membrane. Since it is able to cross the blood-brain barrier, this form of carnitine is increasingly found in brain cells, where it can have a positive effect on brain functions. The increased influx of the fatty acid into the mitochondria positively supports the energy metabolism of the brain and nerve cells, as well as the energy production of all other cells in the body.

If the absorption of acetyl-L-carnitine through the diet is not sufficient or if there is an increased need, this nutrient can be supplemented through special food supplements.

Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Ingredients:

One capsule contains:

500 mg acetyl-L-carnitine

Other ingredients:

Maltodextrin, magnesium stearate, SiO₂.
The product is vegetarian, gluten-free, lactose-free, not genetically modified.
Capsule shell vegetarian.

Recommended consumption:

In normal cases take 1-2 capsules 3 times a day at mealtimes with plenty of fluid.

Manufacturer



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