

L-Carnitine

PRODUCT INFORMATION

Although the body can in principle synthesize L-Carnitine from the amino acids lysine and methionine, a deficiency is still possible, especially in situations where there is an increased demand. Carnitine is important for supplying the human cells with energy.

Basics:

L-Carnitine was already discovered in meat at the beginning of the 20th century and its chemical structure was revealed in the following decades. However, it was not until the second half of the century that the important role of carnitine in providing energy for muscles was recognized and studied. L-Carnitine is necessary for the transport of fatty acids to the mitochondria, the “power plants” of the cells. Without this necessary “fuel” for the mitochondria, energy provision would not take place.

The main food source of L-Carnitine is meat and, to a lesser extent, milk and dairy products. Healthy individuals - including vegetarians - do not usually suffer from a deficiency because the body can synthesize L-Carnitine itself from amino acid-rich products. However, this synthesis can be impaired in certain health conditions such as unhealthy blood sugar levels, liver disease or other metabolic disorders.

L-Carnitine can promote the provision of energy in the cells, as well as the regenerative capacity of the muscle fibers after endurance-related stress. Finally, the supportive sports medicine administration of L-Carnitine during training in any kind of endurance sport should not go unmentioned as a conventional application.

If the absorption of L-carnitine through the diet is not sufficient or there is an increased need, or the body's own synthesis is reduced, this nutrient can be supplemented through special food supplements.

Ingredients:

One capsule contains:

500 mg L-Carnitine

Other ingredients:

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 1-2 times a day with plenty of fluid. A combination with co-enzyme Q10 is often useful.

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

Manufacturer



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