

Where Science and Nature Come Together.®

**FOODSCIENCE®**  
*of Vermont*

## *L-Carnitine*

- **A dietary supplement to support muscle and cardiovascular functions.\***
- L-Carnitine is a non-protein amino acid that is biosynthesized in the human liver and naturally occurs in muscle and organ meats.
- L-Carnitine is involved in the transfer of fatty acids across the membranes of the mitochondria where they can be used to generate energy.\*

### **L-Carnitine and Muscle Functions:**

- L-Carnitine is an essential cofactor in muscle metabolism during exercise.
- It forms the transport system which moves fatty acids into the mitochondria for energy production.\*
- L-Carnitine helps reduce the buildup of lactic acid in muscles which helps delay the onset of fatigue.\*
- The level of L-Carnitine in muscles plays a major role in determining the exercise capacity of the muscles.

### **L-Carnitine and Cardiovascular Support:**

- Carnitine is essential in maintaining a healthy cardiovascular system.\*
- It has a direct and profound effect upon the heart muscle functions.\* It is known to improve the energy metabolism of heart muscle cells that have been weakened by insufficient oxygen supply.\*

- L-Carnitine helps to support cholesterol within normal ranges.\*
- L-Carnitine may help increase tolerance to exercise.\*
- L-Carnitine benefits heart health by increasing the length of time people can exercise without experiencing chest pain or heart weakness.\*

### **Supplement Facts**

#### **Serving Size: 1 Tablet**

#### **Amount Per Serving**

Calcium (Ca Carbonate)	280 mg
L-Carnitine (L-Carnitine Tartrate)	250 mg

Other ingredients: calcium carbonate, microcrystalline cellulose, stearic acid, silicon dioxide, croscarmellose sodium, magnesium stearate, hydroxypropyl methylcellulose.

**Warning:** If pregnant or nursing, consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 tablet daily between meals.

Sold Exclusively Through Retailers.

0300287.030 (30 Vegetarian Tablets)

0300287.060 (60 Vegetarian Tablets)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Copyright© 2010 by FoodScience® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.

1-800-874-9444 • [www.foodscienceofvermont.com](http://www.foodscienceofvermont.com)