

BODY FORTRESS® L-CARNITINE 1500

Body Fortress® L-Carnitine 1500's versatile benefits make it ideal for runners, weightlifters, athletes and anyone trying to get into better shape.

Carnitine helps the body convert food to energy - providing support during endurance exercise (aerobic) and during recovery from high intensity activities such as weightlifting and sprinting (anaerobic).^{*} Supplementing with our great-tasting formula helps to maximize muscle carnitine concentrations at the gym or before athletic competition.

Our formula is further enhanced with a high potency dosage of Pantothenic Acid, which works directly with Carnitine to convert food to energy - providing synergistic support.^{*}

DIRECTIONS: For adults, take one (1) tablespoon (15 mL) thirty to sixty minutes before exercise with your pre-workout meal. A second serving should be taken with your post-workout meal. Do not take on an empty stomach. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

WARNING: This product contains sugar alcohols, which may cause gastrointestinal discomfort. Excessive consumption may have a laxative effect.

KEEP OUT OF THE REACH OF CHILDREN. STORE UNOPENED CONTAINER AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF OUTER SEAL IS BROKEN OR MISSING.

REFRIGERATE AFTER OPENING
Shake Well before use

BODY FORTRESS®

RAPID RECOVERY® SERIES

TRIPLE STRENGTH L-CARNITINE 1500

- > **MUSCULAR ENERGY FORMULA***
- > **SUPPORTS ENDURANCE EXERCISE***
- > **ASSISTS FAT METABOLISM***

VEGETARIAN DIETARY SUPPLEMENT

16 fl. oz. (473 mL)

NATURAL LEMON FLAVOR

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 31

Amount Per Serving	%Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%**
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
L-Carnitine	1,500 mg (1.5 g)	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Glycerin, Sorbitol, Purified Water, Citric Acid, Natural Flavors, Potassium Sorbate and Sodium Benzoate (preservatives).

*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.



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Carefully Manufactured by
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BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.™

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

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