

USAGE: Take 1 capsule 1 to 2 times per day on an empty stomach or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are under the age of 18, or taking medications, consult your healthcare professional before using this product.

L-Carnitine is an amino acid found in high concentrations in heart and liver tissues where, inside the cells (mitochondria), L-Carnitine helps transform fats into energy (i.e., ATP). L-Carnitine also facilitates the metabolism of carbohydrates to enhance ATP production.

L-Carnitine works synergistically with Co-Q10, an antioxidant and ATP production cofactor that is found in the inner membrane of the mitochondrion.*

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS

L-Carnitine

As L-Carnitine Tartrate

500

**Important Cofactor for
Energy Production from Fats***

500 | 180 **DIETARY**
MILLIGRAMS VEGGIE CAPS SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

	Amount Per Serving	% DV
L-Carnitine (as L-Carnitine Tartrate)	500 mg	†
† Daily Value not established.		

Other Ingredients: Magnesium stearate (vegetable source), silicon dioxide and cellulose. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

06518LC180 PROD # 102008



Lot #. Best Used Before:

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