

**USAGE:** Take 1 vegetarian Licap® 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.\*

AminoCarnitines® such as GlycoCarn®, ArginoCarn® and L-Tauro® are manufactured by Sigma-tau HealthScience under USA production patent # 6703042 and Worldwide production patent EP1202956.

**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**  
F O R M U L A S

**LIQUID CAP**  
Technology for  
Easy Absorption

# L-Carnitine

## 500

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

**500**

**100**

**DIETARY**

**MILLIGRAMS VEGGIE LICAPS® SUPPLEMENT**



## Supplement Facts

Serving Size 1 Vegetarian Licap®  
Servings Per Container 100

|                         | Amount Per Serving | % DV |
|-------------------------|--------------------|------|
| L-Carnitine (Free Base) | 500 mg             | †    |

† Daily Value not established.

Other Ingredients: Glycerin and purified USP water. Capsule consists of hydroxypropylmethylcellulose.

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

**Suitable for vegetarians/vegans.**

Licaps® is a registered trademark of Capsugel®.

  
**AminoCarnitines®**  
Sigma-tau HealthScience, Inc.

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**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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Lot #. Best Used Before:

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