

L-Carnitine is an amino acid that is made in the human body. For this reason, L-carnitine is usually not considered to be an essential nutrient. However, premature infants and some adults cannot make L-carnitine in sufficient amounts, which necessitates supplementation. Carnitine is essential because it is critical in the transport of fatty acids into the mitochondria.[†]

Carnitine releases fatty acids allowing them to be converted to energy. Carnitine is a popular supplement for heart health, liver health, and weight loss. Studies generally use dosages ranging from 2 or more grams per day.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†]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.



VILLAGE
VITALITY

L-Carnitine 500 mg

Supports Heart, Lung, and
Circulatory Health[†]

Dietary Supplement

30 VEGETARIAN CAPSULES



Distributed by:
Village Vitality, LLC • Saugerties, NY 12477

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Serving

% Daily Value

L-Carnitine (as L-tartrate)

500 mg

* Daily Value not established.

Other Ingredients: Capsule (vegetable source), microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source).

SUGGESTED USE: Take one capsule daily between meals.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. VL 739-30G