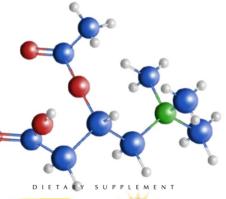
SUGGESTED USE Consume one capsule daily or as recommended by a health care professional. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula.

For answers to questions about the use of this product, call 800.808.7311.





500 MG ACETYL L-CARNITINE



360 Easy-to-Swallow Capsules

Andrew Lessman's ACETYL L-CARNITINE-500 is an ultra-high potency source of Acetyl L-Carnitine (ALC), which has long been recognized for its essential role in all fat and energy metabolism as well as healthy brain function. Acetyl L-Carnitine's importance for fat and energy metabolism stems from Carnitine's role in the movement of ALL fat to the specific site in each cell where it can be burned. Not surprisingly, the highest levels of Carnitine are found in organs performing the most energy and fat metabolism. In fact, over 98% of the body's Carnitine is found in the heart and skeletal muscles. Fat burning and weightloss are challenging and so long as we are making the appropriate dietary and lifestyle changes, we should also ensure an adequate supply of those nutrients required for optimum fat metabolism. Acetyl L-Carnitine's overall importance to our body is underscored by its role in the brain, including its ability to bypass the blood-brain barrier. As a result, ALC can deliver its benefits directly to the brain. At only 2% of our bodyweight, the brain is relatively small, yet it uses more than 20% of the body's total energy. A healthy brain requires an abundant and uninterrupted supply of energy and Carnitine supports the brain's extreme energy requirements. ALC also supports healthy blood flow to the brain, which in turn promotes adequate oxygen and nutrient availability. ALC also facilitates the production of our brain's most vital neurotransmitter – Acetylcholine. In short, Acetyl L-Carnitine (ALC) is not just essential for all fat metabolism, but it also plays a central role in supporting optimum brain function. These statements have not been evaluated by the Food and Drug Administration. This product

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

Supplement Facts

Serving Size 1 Capsule Servings Per Container 360

Amount Per Serving Acetyl L-Carnitine 500 mg † (as acetyl L-carnitine HCI)

† Daily Value not established.

CONTAINS NO ADDITIVES ANY KIND.

is not intended to diagnose, treat, cure or prevent any disease.

Other Ingredients: Gelatin capsule, ascorbyl palmitate (vitamin C).