

**PRE & POST
WORKOUT**

**FOR BEST RESULTS, TAKE 1 TABLESPOON
2 TIMES DAILY AT 2 SEPARATE MEALS.**

MET-Rx® LIQUID L-CARNITINE

MET-Rx® L-CARNITINE 1500 IS ONE OF THE MOST VERSATILE SUPPLEMENTS AVAILABLE - PERFECT FOR RUNNERS, WEIGHTLIFTERS, ATHLETES AND ANYONE TRYING TO GET INTO BETTER SHAPE.

CARNITINE HELPS THE BODY CONVERT FOOD TO ENERGY – PROVIDING SUPPORT FOR ENDURANCE EXERCISE (AEROBIC) AND DURING RECOVERY FROM HIGH INTENSITY ACTIVITIES SUCH AS WEIGHTLIFTING AND SPRINTING (ANAEROBIC).* SUPPLEMENTING WITH OUR FAST-ACTING LIQUID 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 (VITAMIN B5). ONCE PANTOTHENIC ACID IS CONVERTED INTO COENZYME A IN THE BODY, IT WORKS DIRECTLY WITH CARNITINE TO CONVERT FOOD TO ENERGY - PROVIDING SYNERGISTIC SUPPORT.*

Directions: For adults, take one (1) (15 mL) tablespoon thirty to sixty minutes before exercise with your pre-workout meal. Take a second serving 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.

KEEP OUT OF REACH OF CHILDREN. STORE UNOPENED CONTAINER AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

SHAKE WELL BEFORE USE

REFRIGERATE AFTER OPENING

MET-Rx®

LIQUID L-CARNITINE 1500

**EXERCISE
RECOVERY***

» **HELPS THE BODY CONVERT FOOD TO ENERGY***

» **PROMOTES RECOVERY FROM HIGH INTENSITY EXERCISE***

NATURAL LEMON
Flavor

VEGETARIAN FRIENDLY
DIETARY SUPPLEMENT 16 FL. OZ. (473 mL)

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 Dexpantenol)	10 mg	200%
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).

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.

*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.

MET-Rx®

Manufactured in the USA with select ingredients from around the world by MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.METRx.com

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