

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

**NOTE:** Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

**L-Carnitine** is an amino acid found in high concentrations in muscle, heart, and liver tissues. Inside the cells, L-Carnitine transports fatty acids into the mitochondria for energy production (i.e., ATP) and reduces amino acid and protein breakdown.\* L-Carnitine supplementation helps to support an active lifestyle and your body's natural energy production.\* Jarrow Formulas' L-Carnitine delivers 500 mg of L-Carnitine per serving in an innovative liquid capsule for easy absorption.

**Keep out of the reach of children.  
Store in a cool, dry place.**

**\* 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.**

Licaps® is a registered trademark of Capsugel®.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

**Licaps®**  
for Easy Absorption

# L-Carnitine

## 500 MG

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

**100 VEGGIE LICAPS®** **DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                  |          |
|-------------------------------------|----------|
| L-Carnitine (Free Base)             | 500 mg † |
| † Daily Value (DV) not established. |          |

Other Ingredients: Vegetarian Licap® (hydroxypropylmethylcellulose, glycerin, purified water).

Distributed Exclusively by **Jarrow Formulas®**  
Los Angeles, CA 90035-4317  
1-866-459-4154 • [www.Jarrow.com](http://www.Jarrow.com)

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



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