

USAGE: Take 1 capsule up to 2 times per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, 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. L-Carnitine also facilitates the metabolism of carbohydrates and enhances ATP (i.e., energy) production.

L-Carnitine works synergistically with Co-Q10, an antioxidant and energy production cofactor that is found in the inner membrane of the mitochondrion.*

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
FORMULAS®

L-Carnitine

As L-Carnitine Tartrate

500

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

500
MILLIGRAMS

180
CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 180

	Amount Per Serving	% DV
L-Carnitine (as L-Carnitine Tartrate)	500 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

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

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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Lot #: Best Used Before:

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