

**USAGE:** Take 1 capsule 1 to 3 times per day with juice or water on an empty stomach 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-Carnosine** is a dipeptide that is found in the brain, heart, skin, muscles, kidneys and stomach. L-Carnosine supports healthy aging and cellular rejuvenation by its effects on two mechanisms: *Glycation* and *Free Radical Damage*.\* Glycation is the uncontrolled crosslinking of sugar molecules to proteins and is implicated in loss of cell function, genome integrity and accelerated aging. L-Carnosine also supports brain function by reducing lipid peroxidation and stabilizing cell membranes during the aging process.\*

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

beta-alanyl-L-histidine

# L-Carnosine

Supports Cellular Rejuvenation\*

**500**  
MILLIGRAMS

**90**  
CAPSULES

DIETARY  
SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

|                                       | Amount Per Serving | % DV |
|---------------------------------------|--------------------|------|
| L-Carnosine (beta-alanyl-L-histidine) | 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 Formulation<sup>SM</sup>  
P.O. Box 35994  
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05413LCAR PROD # 115052



Lot #: Best Used Before:

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