

USAGE: Take 1 vegetarian Licap® 1 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 mitochondria.*

AminoCarnitines® such as GlycoCarn®, ArginoCarn® and L-Tauro® are manufactured by Sigma-tau HealthScience under USA production patent # 6703042 and Worldwide production patent EP1202956.

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®

LIQUID CAP
Technology for
Easy Absorption

L-Carnitine 500

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

500
MILLIGRAMS

100
LICAPS®

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 1 Vegetarian Licap® Servings Per Container 100

	Amount Per Serving	% DV
L-Carnitine (free base)	500 mg	*

* Daily Value not established.

Other Ingredients: Glycerin and purified USP water. Capsule consists of hydroxypropylmethylcellulose.

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

Suitable for vegetarians/vegans.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

10513LCSG PROD # 102014



Lot #. Best Used Before:

© 2013 **Jarrow FORMULAS®**