L-Carnitine is an amino acid that is made in the human body. For this reason, **L-Carnitine** is usually not considered to be an essential nutrient. However, premature infants and some adults cannot make **L-Carnitine** in sufficient amounts, which necessitates supplementation. Carnitine is essential because it is critical in the transport of fatty acids into the mitochondria.†

Carnitine releases fatty acids allowing them to be converted to energy. Carnitine is a popular supplement for heart health, liver health, and weight loss. Studies generally use dosages ranging from 2 or more grams per day.†

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

†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.

L-CARNITINE
500 mg

Supports Heart, Lung, and Circulatory Health†

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 60
Amount Per Serving	**% Daily Value**
L-Carnitine (as L-tartrate) 500 mg	*

* Daily Value not established.

Other Ingredients: Capsule (vegetable source), microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source).

SUGGESTED USE: Take one capsule daily between meals.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. **VL 739-60G**