

Max LiquiCarn, by Max Muscle Sports Nutrition (MMSN), provides 1,250 mg of bioactive and fast acting liquid L-carnitine per serving to promote efficient fat burning throughout the day for those wanting to lose weight or optimizing fat as a fuel source for muscle during exercise. L-Carnitine provides benefits for athletes by optimizing performance, delaying the onset of fatigue and improving recovery time. Other applications of the effectiveness L-carnitine include promoting cardiovascular health, brain wellness, healthy aging and male fertility.†

L-Carnitine (β -hydroxy-gamma-trimethylammonium butyrate) is widely distributed in most tissues of the body, but highly concentrated in skeletal and cardiac muscle tissues (97%). Fat and carbohydrates are the primary fuels utilized to meet the energy demands during exercise. Most importantly, L-carnitine is absolutely essential for all fat metabolism to take place in the cells. In terms of function, it plays a critical role in transporting fatty acids into the mitochondria, the "furnace of the cells", for fat burning to produce energy (technically known as β oxidation). This process also helps prevent fatty acid buildup and fat stores in addition to maintaining healthy blood triglyceride levels. L-Carnitine and its precursors, lysine and methionine, in addition to vitamin C (ascorbic acid), make it possible to increase energy while burning fat. **Max LiquiCarn** may help maintain peak L-carnitine levels in those body tissues having a high demand for energy such as skeletal muscle and cardiac muscle.†

To maximize the fat burning facilitation of L-carnitine, we include important cofactors like vitamin B6 (pyridoxine) and pantothenic acid. As with any weight loss product, **Max LiquiCarn** is specially formulated to work with other weight loss products within the Max Muscle Sports Nutrition and Max Nutraceutical line. Best results are experienced when used with a reduced caloric diet, exercise and behavior modification program.

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before using this product if you have a medical condition or taking any medications. Drink at least 2 liters of water daily when using this product.

†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.



**1,250mg ACTIVE
L-CARNITINE
per Serving**

max liqui carn

LIQUID CARNITINE CONCENTRATE

**Supports Accelerated Fat Metabolism
and Energy Production†**

**Efficiently Burns Fat for
Optimal Weight Loss†**

**Provides Energy for Muscles
During Exercise†**

DIETARY SUPPLEMENT • 32 fl. oz. (946 mL)

Directions: As a dietary supplement, take 1 Tablespoon (approximately 15 ml) 1 to 2 times per day on an empty stomach. Can also be taken 30 minutes before training or as directed by a healthcare professional.

Supplement Facts

Serving Size: One (1) Tablespoon (Approx 15 ml or 1/2 fl oz.)

Servings Per Container: 64

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from fat	0	
Total Carbohydrate	2 g	<1%
Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Sodium	5 mg	<1%
L-Carnitine (as L-Carnitine Base)	1,250 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Filtered Water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Stevia Extract, Potassium Sorbate and Sodium Benzoate (to protect freshness).

Suitable for vegetarians/vegans.

ALLERGY INFORMATION: Manufactured in a facility that processes milk, soy and egg proteins and wheat.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY
FROM MOISTURE AND SUNLIGHT.
ALWAYS KEEP TIGHTLY SEALED.**

To report a serious adverse event, contact:
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