

**PRE & POST
WORKOUT**

**FOR BEST RESULTS, TAKE 1 TABLESPOON
2 TIMES DAILY AT 2 SEPARATE MEALS.**

MET-Rx® LIQUID L-CARNITINE

MET-Rx® L-CARNITINE 1500 IS ONE OF THE MOST VERSATILE SUPPLEMENTS AVAILABLE - PERFECT FOR RUNNERS, WEIGHTLIFTERS, ATHLETES AND ANYONE TRYING TO GET INTO BETTER SHAPE.

CARNITINE HELPS THE BODY CONVERT FOOD TO ENERGY - PROVIDING SUPPORT FOR ENDURANCE EXERCISE (AEROBIC) AND DURING RECOVERY FROM HIGH INTENSITY ACTIVITIES SUCH AS WEIGHTLIFTING AND SPRINTING (ANAEROBIC).^{*} SUPPLEMENTING WITH OUR FAST-ACTING LIQUID FORMULA HELPS TO MAXIMIZE MUSCLE CARNITINE CONCENTRATIONS AT THE GYM OR BEFORE ATHLETIC COMPETITION.

OUR FORMULA IS FURTHER ENHANCED WITH A HIGH POTENCY DOSAGE OF PANTOTHENIC ACID (VITAMIN B5). ONCE PANTOTHENIC ACID IS CONVERTED INTO COENZYME A IN THE BODY, IT WORKS DIRECTLY WITH CARNITINE TO CONVERT FOOD TO ENERGY - PROVIDING SYNERGISTIC SUPPORT.^{*}

Directions: For adults, take one (1) tablespoon (15 mL) thirty to sixty minutes before exercise with your pre-workout meal. A second serving should be taken with your post-workout meal. Do not take on an empty stomach. As a reminder, discuss the supplements and medications you take with your health care providers.

KEEP OUT OF REACH OF CHILDREN. STORE UNOPENED CONTAINER AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

**SHAKE WELL BEFORE USE
REFRIGERATE AFTER OPENING**

^{*}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.

MET-Rx®

LIQUID L-CARNITINE 1500

**» HELPS THE BODY CONVERT FOOD TO
ENERGY***

**» PROMOTES RECOVERY FROM HIGH
INTENSITY EXERCISE***

» SUPPORTS ENDURANCE EXERCISE*

NATURAL LEMON
Flavor

VEGETARIAN FRIENDLY
DIETARY SUPPLEMENT 16 FL. OZ. (473 mL)

**EXERCISE
RECOVERY***

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 31

Amount Per Serving	%Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%**
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
L-Carnitine	1,500 mg (1.5 g)	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Glycerin, Sorbitol, Purified Water, Citric Acid, Natural Flavors, Potassium Sorbate and Sodium Benzoate (preservatives).

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

WARNING: This product contains sugar alcohols, which may cause gastrointestinal discomfort. Excessive consumption may have a laxative effect.

MET-Rx®
YOU CAN'T FAKE STRONG™

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

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