

Directions: As a dietary supplement, take 1 level scoop (1.14 grams) 2-3 times daily, preferably 30 minutes before a meal.

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a Physician before using this or any product if you have, or have a family history of, including but not limited to high blood pressure, cardiac arrhythmias, heart, liver, kidney, thyroid, or psychiatric disease, pheochromocytoma, diabetes, asthma, recurrent headaches, anemia, nervousness, anxiety, depression or other psychiatric condition, peptic ulcers, Parkinson's disease, glaucoma, difficulty in urinating, prostate enlargement, or seizure disorder, or if you are using a monoamine oxidase inhibitor (MAOI) or any other dietary supplement, prescription drug, or over-the-counter drug containing ephedrine, pseudoephedrine, or phenylpropanolamine (ingredients found in certain allergy, asthma, cough or cold, and weight control products). Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects, including heart attack and stroke. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms.

KEEP OUT OF REACH OF CHILDREN



L-Carnitine L-Tartrate

Net Weight 0.75lb (342g)

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1.14 g (1 Scoop)

Servings Per Container: 300

Amount Per Serving		%DV
L-Carnitine L-Tartrate	1 g	†

† Daily Value not established.

Other Ingredients: Silica



Manufactured for:
AI Sports Nutrition
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