

**PRE & POST
WORKOUT**

**FOR BEST RESULTS, TAKE TWO (2)
CAPLETS TWICE DAILY WITH MEALS.**

MET-Rx® L-CARNITINE 1000 mg Per Serving

HARD TRAINING CAN TAKE A TOLL ON YOUR BODY - DECREASING RECOVERY AND HALTING YOUR PROGRESS IN THE GYM DEAD IN ITS TRACKS. MET-Rx® L-CARNITINE 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 FORMULA HELPS TO MAXIMIZE MUSCLE CARNITINE CONCENTRATIONS AT THE GYM OR BEFORE ATHLETIC COMPETITION.

Directions: For adults, take two (2) caplets twice daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

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.

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

*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®

**L-CARNITINE
1000mg**

**EXERCISE
RECOVERY***

PER SERVING

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

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

» **SUPPORTS ENDURANCE EXERCISE***

60 CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving	%Daily Value
L-Carnitine (as L-Carnitine L-Tartrate)	1,000 mg (1 g) **

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Vegetable Stearic Acid, Polyvinyl Alcohol, Silica, Croscarmellose, Polyethylene Glycol, Magnesium Silicate, Vegetable Magnesium Stearate, Titanium Dioxide Color.

MET-Rx®

Manufactured in the USA
with select ingredients
from around the world
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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