

USAGE: Take 1 capsule up to 2 times per day or as directed by your qualified health care consultant.

L-Carnitine is an amino acid found in high concentrations in heart and liver tissues where, inside the cells (mitochondria), L-Carnitine helps transform fats into energy.* L-Carnitine also facilitates the metabolism of carbohydrates and enhances ATP (i.e., energy) production.*

L-Carnitine works synergistically with Co-Q10, an antioxidant and energy cofactor that is found in the inner membrane of the mitochondria.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:



Jarrow FORMULAS®

Pharmaceutical Quality

L-CARNITINE 250

**Important Cofactor
for Energy Production
from Fats***

**as
L-Carnitine
Tartrate**

250 mg 250 Vegetarian Capsules

SUPER COUNT

Dietary Supplement

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 250

	Amount Per Serving	% DV
L-Carnitine (as L-Carnitine Tartrate)	250 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

05311SLC PROD # 102003



© 2011 **Jarrow FORMULAS®**