

USAGE: Take 1 capsule 1 to 3 times per day with juice or water on an empty stomach or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

L-Carnosine is a dipeptide that is found in the brain, heart, skin, muscles, kidneys and stomach. L-Carnosine supports healthy aging and cellular rejuvenation by its effects on two mechanisms: *Glycation* and *Free Radical Damage*.^{*} Glycation is the uncontrolled crosslinking of sugar molecules to proteins and is implicated in loss of cell function, genome integrity and accelerated aging. L-Carnosine also supports brain function by reducing lipid peroxidation and stabilizing cell membranes during the aging process.^{*}

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®

L-CARNOSINE

beta-alanyl-L-histidine **500**

**Supports
Cellular Rejuvenation***

500 mg 90 Capsules
Dietary Supplement

Supplement Facts

Serving Size 1 Capsule Servings Per Container 90

| | Amount Per Capsule | % DV |
|---------------------------------------|--------------------|------|
| L-Carnosine (beta-alanyl-L-histidine) | 500 mg | * |

* Daily Value not established.

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

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

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

0910LCAR
PROD # 115052



© 2010 **Jarrow FORMULAS®**