

**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 Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)



0910LCAR  
PROD # 115052

© 2010 **Jarrow FORMULAS®**