



# Acetyl-L-Carnitine

## What Is It?

Acetyl-L-carnitine is the acetylated form of L-carnitine. The two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-L-carnitine supports the availability of acetyl-CoA, an important energy generating metabolite. In addition, it supports proper mitochondrial function and cell membrane stability. The acetyl group from acetyl-L-carnitine is also responsible for the production of acetylcholine, an important neurotransmitter for optimal mental functioning.\*

## Uses For Acetyl-L-Carnitine

**Support For Cognitive Function, Memory, And Emotional Well-Being:** The efficacy of long-term acetyl-L-carnitine supplementation was determined in a double blind, placebo-controlled, randomized trial involving 130 elderly individuals for a one-year period. In this trial, acetyl-L-carnitine demonstrated the ability to slow negative cognitive changes, and supported memory and attention. In another randomized double blind study, three-month acetyl-L-carnitine supplementation provided statistically significant support for mental function, including memory and attention, compared to placebo. A multicenter trial of 481 volunteers showed significant memory, behavioral and emotional support with acetyl-L-carnitine supplementation. In an evaluation of 28 elderly individuals using acetyl-L-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.\*

## What Is The Source?

Pure Encapsulations Acetyl-L-carnitine consists of acetyl-L-carnitine HCl, a synthetically derived amino acid.

## Recommendations

Pure Encapsulations recommends 500-1,000 mg acetyl-L-carnitine per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Gastrointestinal upset and skin rash have been reported in sensitive individuals.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Acetyl-L-Carnitine 500 mg.

**each vegetable capsule contains**



acetyl-L-carnitine HCl ..... 500 mg.  
vitamin C (as ascorbyl palmitate)..... 8 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

**1-2 capsules per day, in divided doses, between meals.**

### Acetyl-L-Carnitine 250 mg.

**each vegetable capsule contains**



acetyl-L-carnitine HCl ..... 250 mg.  
vitamin C (as ascorbyl palmitate)..... 4 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

**2-4 capsules per day, in divided doses, between meals.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.