



I-Carnitine

INTRODUCED 1992

What Is It?

I-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization by acting as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. I-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. In studies, I-carnitine has demonstrated the ability to promote oxygenation of heart muscle and maintain healthy enzyme activity, support cardiovascular energy, enhance exercise recovery, and maintain healthy lipid metabolism.*

Uses For I-Carnitine

Cardiovascular Support: A randomized double-blind placebo-controlled trial involving 101 volunteers indicated that I-carnitine maintained healthy lipid peroxide and lactate dehydrogenase cardiac enzyme activity. I-Carnitine may also support ventricular function and superoxide dismutase enzyme activity. Long-term I-carnitine supplementation has demonstrated positive support for cardiovascular health after a 3-year follow-up in adult subjects. In a recent six-month, randomized, double-blind placebo-controlled trial, I-carnitine supplementation supported healthy lipid metabolism in volunteers.*

Support For Exercise Recovery: A recent placebo-controlled clinical study conducted at Ball State University in Indiana found that I-carnitine-I-tartrate supplementation significantly supported physical recovery from high intensity exercise. This allows for less tissue damage, decreased production of free radicals and less muscle soreness following exercise. In a prospective double-blind placebo-controlled trial, carnitine supplementation supported training for elite athletes.*

What Is The Source?

I-Carnitine-I-tartrate contains 68% pure I-carnitine and 32% natural I-tartaric acid. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

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

I-Carnitine

each vegetable capsule contains  v 0	
I-carnitine (free-form)	340 mg (from 500 mg of I-carnitine-I-tartrate)
ascorbyl palmitate (fat-soluble vitamin C)	12 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.

For educational purposes only. Consult your physician for any health problems.