



# 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)	
<b>2-4 capsules per day, in divided doses, between meals.</b>	

\*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.