



# Acetyl L-Carnitine

Energizing Brain Support\*



BRAIN/COGNITION\*



Designs for Health's Acetyl L-Carnitine delivers 800 mg of acetyl L-carnitine (ALC) per 1-capsule serving to support energy production, healthy brain and cognitive function, balanced mood, and nerve health.\* ALC is synthesized in humans by the brain, liver, and kidneys. Although ALC is similar to L-carnitine, ALC contains an acetyl group that grants its unique benefits and functions in the body.\* Individuals may not synthesize enough ALC to meet the demands of the body due to the normal aging process, genetics, or certain conditions.\* When supplemented, ALC is readily absorbed and highly bioavailable.\*

ALC supports healthy brain function.\* It is a component of our brain's chemistry and promotes the production of acetylcholine, the most abundant neurotransmitter in the brain.\* Acetylcholine is involved in supporting memory and focus.\* It also serves to help maintain normal activities of vital organs and blood vessels, plus communication between nerves and muscles. ALC also supports other important brain neurotransmitters, such as dopamine and serotonin, which play a critical role in supporting a healthy and balanced mood.\* ALC may also support proper stress responses, balanced mood, and cognitive functions.\*

## Benefits\*

- Promotes healthy brain function
- Promotes a healthy and balanced mood
- Supports healthy cognition, mental energy, and focus
- Supports energy production
- Promotes nerve health

## Highlights

- Each capsule delivers 800 mg of acetyl L-carnitine per serving to promote brain health and energy production\*
- Gluten-free, dairy-free, and soy-free
- Non-GMO

## Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

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To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*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.