

CarniClear™

*High-dose carnitine to support fat loss, mitochondrial function and healthy energy levels**

CarniClear™ provides a high-dose of the amino acid derivative L-carnitine along with pantothenic acid (vitamin B5) in a convenient and easy-to-dose liquid form with a pleasant raspberry mint flavor. Both of these nutrients are required for fat burning at the cellular level, which may help facilitate weight loss, promote steady energy levels and support healthy mitochondrial function.*

In the human body, carnitine is synthesized primarily in the liver and kidneys but over 95% of the body's carnitine is located in the heart and skeletal muscle owing to their high energy demands and the fact that fat is their primary fuel. This is carnitine's primary biological role: converting fatty acids (from dietary fat or excess carbohydrate that was converted into fat) into compounds that can be transported into the mitochondria where they are burned to produce energy. Mitochondria are often called the "powerhouses" or "energy generators" of cells because they are the literal sites of energy synthesis.

Carnitine occurs naturally in all foods, but significant amounts are found only in animal foods, particularly dark meats such as red meat (beef, lamb, bison), dark meat poultry, and pork and fish, due to high concentrations of mitochondria. (The name *carnitine* is derived from its first having been isolated from meat.) Carnitine supplementation may be especially beneficial for individuals following vegetarian or strict vegan diets because neither preformed carnitine nor its precursors are present in adequate amounts to support optimal health.

The human body synthesizes carnitine from the amino acids lysine and methionine, with iron, niacin, and vitamins C and B6 as cofactors. (The fatigue often associated with low levels of vitamin C or iron may result in part from decreased carnitine synthesis.) Carnitine may be considered a conditionally essential nutrient because even though the body does produce it, this relatively limited amount may not be adequate during periods of increased demand and under certain metabolic states.

Pantothenic acid (B5) is included in this formula because it is required for numerous life-sustaining biochemical reactions. With regard to supporting fat burning and mitochondrial function, B5 is essential for the reactions that convert fats and carbohydrates into energy. For these reasons, administering pantothenic acid along with carnitine may be beneficial for the purpose of facilitating fat burning, weight loss and promoting healthy energy levels. This nutrient is ubiquitous in the food supply in both animal and plant foods, so overt deficiency is rare but suboptimal levels may result from long-term caloric restriction, a practice that may be common among individuals who are trying to lose weight.

Recommended Use: As a dietary supplement, take 5 mL (approx. 1 teaspoon) per day, or as directed by your health care practitioner.

Benefits of CarniClear* :

- Weight/body fat loss
- Health energy levels
- Optimal function of mitochondria - the "powerhouses" of cells
- Helps support weight/body fat loss



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.