

Carnitine Tartrate

700 mg of L-Carnitine



CARDIOVASCULAR HEALTH†



Carnitine Tartrate is a powdered form of carnitine formulated to support cellular energy production.* Carnitine Tartrate is a pleasant, tart-tasting, powdered carnitine that mixes well with liquids and absorbs rapidly into the body and is recommended when higher amounts of carnitine are desired.

Carnitine plays key roles in energy production, especially in using fats as an energy source. Carnitine also supports the prevention of long-chain fatty acids and other toxic compound accumulation in the cells. For these reasons, carnitine is found in nearly all cells of the body, but it is particularly concentrated in the heart, brain, and skeletal

muscle that use fats as fuel. Carnitine may also support healthy blood glucose metabolism.*

Carnitine is synthesized from the essential amino acids lysine and methionine and requires the nutrient cofactors vitamin C, iron, vitamin B6, and niacin (vitamin B3) for production. Without any one of these components, it can lead to insufficient carnitine in the body. Carnitine is primarily found in animal products like meat, fish, poultry, and milk, and there is very little in plant-based foods. The concentration of carnitine in tissues declines as part of the normal aging process, which may contribute to a decrease in energy production.

Benefits*

- Supports mitochondrial function
- Supports fatty acid metabolism
- Supports energy production
- Supports healthy body composition
- Supports a healthy lipid profile

Highlights

- 700 mg of L-carnitine tartrate per serving to promote normal cellular energy production*
- Delivered in powdered form for rapid absorption
- Pleasant, tart taste
- Mixes easily in liquid

Recommended Use

Take 1 gram (approximately one scoop) per day on an empty stomach or as directed by your health-care practitioner.

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

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

*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.

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