

# Carnitine Tartrate Powder

*Natural metabolic support*

L-Carnitine is an amino acid derivative with the essential function of helping fat enter the cell's mitochondria, which is the area of the cell responsible for converting fat into useable energy. Fat can be a dynamic source of energy, but it requires carnitine for transport into the mitochondria. Simply put, without enough carnitine, fat cannot be used as a fuel source for the body.

L-carnitine tartrate is a stable and moisture-resistant form of L-carnitine. Designs for Heath's Carnitine Tartrate Powder contains 700 mg of L-carnitine tartrate per ¼ teaspoon. This powdered carnitine mixes easily in liquids and absorbs rapidly into the body.

## Highlights

L-carnitine is naturally occurring in all foods, but significant amounts are only found in dark meats such as lamb and beef. The human body also produces it from the amino acids methionine and lysine. There are times, however, when the demand for carnitine exceeds the body's natural production and intake.

- *Vegetarians* – Carnitine supplementation may be especially beneficial for those who do not ingest carnitine and its precursor amino acids in adequate amounts, such as vegetarians or those who rarely consume dark meats.
- *Healthy weight management* – Supplementation can also be helpful for healthy weight management. Studies have shown that supplementing with L-carnitine may assist the body's ability to burn fat, even in people who are not overtly deficient.
- *Exercise support* – L-carnitine is excellent for supporting exercise performance. It can help preserve lean body mass, encourage the body to burn fat rather than sugar during exercise, and enhance exercise performance.
- *Cardiovascular support* – L-carnitine helps to support healthy blood lipid levels and promotes a healthy cardiovascular system.

### By supporting mitochondrial function and thus fat burning, L-carnitine may help:

- Maintain an efficient metabolism
- Maximize energy levels
- Support healthy weight management
- Enhance exercise performance
- Promote a healthy cardiovascular system and blood lipids

**Recommended Use:** As a dietary supplement, take one gram (approx. one quarter teaspoon) per day on an empty stomach, or as directed by your health care practitioner.



\*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 (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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