

# Carnitine Synergy™

400 MG L-CARNITINE + 100 MG ACETYL-L-CARNITINE  
120 VEGETARIAN CAPSULES | NPN80049023 | CSC120-CN



CARDIOVASCULAR HEALTH



**Carnitine Synergy™** features two forms of the conditionally essential molecule of carnitine to support mitochondrial function and energy production. Carnitine is required to bring long-chain fatty acids into the mitochondria for beta-oxidation (the process of converting fats into cellular energy). Carnitine Synergy™ uniquely combines L-carnitine and its acetylated form into each capsule in a 4:1 ratio to support fatty acid metabolism and metabolic health.

Carnitine has key roles in energy production, especially in using fats as an energy source. May also promote cellular health by preventing the accumulation of long-chain fatty acids in cells, which may cause damage. Carnitine may also support healthy glucose metabolism. Carnitine levels may be impacted by metabolism, certain medications, liver function, excretion rates or aging. Acetyl-L-carnitine is one of the most common metabolites of carnitine, and it can cross into the mitochondrial membrane to support energy production. Acetyl-L-carnitine may also support mitochondrial function and brain health.

## Benefits

- Supports mitochondrial function
- Promotes fatty acid metabolism
- Supports energy production
- Promotes brain health
- Supports heart health

## Recommended Dose

Take 1 capsule per day before meals, or as directed by your health care practitioner. For muscle repair, take 2-4 hours prior to exercise.

## Highlights

- 400 mg of L-carnitine (from L-carnitine tartrate) to promote normal cellular energy production
- 100 mg of acetyl-L-carnitine to support overall health, including specific support for the brain
- Helps support fat metabolism.
- Aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen.
- Helps support muscle tissue repair in individuals involved in resistance training.

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