

Carnitine - More than just a Fat Burner

Regarded as an effective fat burning amino acid, carnitine has also has more health benefits to offer. Supplementation may help a wide range of ailments and increase overall well being and energy including:

- *Aging and Life Extension* - carnitine levels decrease as we get older so it may retard some of the aging process.
- *Cardiovascular System* - strengthening as the Cardiac Muscle contains high levels of Carnitine and may improve health of Heart Attack patients.
- *Metabolism* - improvement of blood sugar levels and energy, increases body's ability to burn fat.
- *Nervous System* - improving brain functioning.
- *Sexual Function* - male infertility as it provides energy to sperm.



Signs and Symptoms of Deficiency

- Hypoglycemia
- Fatigue
- Cardiomyopathy
- Neuromuscular disorder
- Primary deficiency especially in Vegetarians

How much do I need?

The minimum essential intake of carnitine is 500mg per day or as a prevention of cardiovascular disease 1000mg. The body contains an average of 20 grams and 30 - 50mg of carnitine derived from food per day is average for an adult.

Dietary Sources of Carnitine

Red meat is the richest dietary source roughly 120mg per 100 grams, but it can also be found in seafood 5mg, milk 9.3mg, avocado 2mg and mushrooms 2.6mg per 100g serving. Supplemental L-Carnitine can be bought in the form of liquid, powder or capsules usually in strengths of 250mg or 500mg per serve. Many brands are on the market so consult with your health practitioner for more advice.

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