

Optimized Carnitine

Promotes cellular energy production

Item #02018 • 60 vegetarian capsules

Diminished cellular energy production is an inevitable consequence of aging. As adults mature, the cellular power plants known as the *mitochondria* begin to slow down energy production.

Nutritional researchers have discovered that the amino acid *carnitine* promotes the burning of fat for fuel in the mitochondria, thus promoting youthful levels of cellular energy production. Researchers have now identified several optimized, next-generation forms of *carnitine* that not only help boost cellular energy production but also may confer targeted benefits for the brain, heart, muscles, and central nervous system.

Optimized Carnitine combines these advanced forms of carnitine — *acetyl L-carnitine*, *glycine propionyl L-carnitine*, and *acetyl L-carnitine arginate* — in a single formula that provides balanced, broad-spectrum support for cellular energy production throughout the body.

Acetyl L-carnitine readily crosses the blood-brain barrier to combat oxidative stress and promote energy production in critical brain and central nervous system tissues.¹ Acetyl L-carnitine also supports healthy brain function by stimulating the release of acetylcholine and dopamine, two neurotransmitters that play vital roles in brain health and communication.

Acetyl L-carnitine arginate has an added molecule of arginine that enables it to augment the effects of acetyl L-carnitine, promoting the growth of neurites that facilitate communication among nerve cells in the brain.²

Propionyl L-carnitine plays an important role in protecting the function and health of endothelial cells.³⁻⁵ As a result of its mechanisms of action, *propionyl L-carnitine* can help improve physical performance, male sexual function, and general fatigue.⁶⁻⁸

References

1. *Alzheimer Dis Assoc Disord.* 1995;9(3):128-31.
2. *Neurochem Res.* 1995 Jan;20(1):1-9.
3. *Int J Tissue React.* 1991;13(1):41-3.
4. *Drugs Exp Clin Res.* 1993;19(5):213-7.
5. *Int J Tissue React.* 1991;13(1):37-40.
6. *J Am Coll Cardiol.* 1995 Nov 15;26(6):1411-16.
7. *Urology.* 2004 Apr;63(4):641-6.
8. *Psychosom Med.* 2004 Mar;66(2):276-82.



2 vegetarian capsules contain:

Acetyl L-Carnitine HCl..... 800 mg
Acetyl L-Carnitine Arginate Di-HC..... 300 mg
Glycine Propionyl L-Carnitine 300 mg
Other ingredients: vegetable cellulose (capsule), dicalcium phosphate, stearic acid, silica.

Non-GMO

Dosage and use

- Take two capsules once or twice daily, or as recommended by a healthcare practitioner. This product can be taken on an empty stomach with water or juice in the morning in divided doses or all at once.

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