



Michele Sodon

Super L-Carnitine

Super L-Carnitine is essential for fat burning.

I.B. Fritz and **K.T.N. Yue**, physiologists from the **University of Michigan**, discovered that **Carnitine** actually *accelerates* the **fat-burning process** in the **liver** and **muscles**.

Without it, fat is unable to **penetrate the walls** of the **mitochondria** of the **muscle cells**.

Carnitine is the **shuttle** that carries fat into your body's furnaces (muscles) to be burned for energy. **Super L-Carnitine increases the rate of fat utilization for fuel**.

Unfortunately, the richest **natural sources** of Carnitine are meats such as **sheep, lamb** and **beef**. However, they're also high in calories and **saturated fats** and would have to be eaten in excessive quantities to supply the body with sufficient amounts of Carnitine.

One serving of **Super L-Carnitine** is equal to one and one half pounds of beef without the calories and fat.

Here's a simple analogy to demonstrate how Super L-Carnitine works.

Imagine your blood stream is a river. Your body-fat cells are little people in boats floating down the river to reach their final destination: **The Muscle Hotel**, (muscle tissue-where fat will be burned as fuel for energy).

But, when they arrive, they find the door **too heavy** to open.

Super L-Carnitine is the **doorman** to **The Muscle Hotel**. It allows your **body-fat** to **more easily enter (permeate)** your **muscle tissue** to be **burned as fuel energy**.

In a **pilot study** involving college students, subjects receiving 300 mg doses of Super L-Carnitine experienced **dramatic increases** in **aerobic capacity** as determined by the **MaxVO2** (*maximal volume of oxygen consumed*). This explains why **Super L-Carnitine** is used for both **athletic performance** (especially endurance athletes including **cyclists, runners** and **ironman competitors**) as well as people involved in **weight-management** — **efficient transport** and **energy expenditure**.

The **Super L-Carnitine Formulation** is a **PRE** and **POST**-workout formulation. Typically, a fitness enthusiast will take **1 Tablespoon** (per 100 lbs or 45kg) with plenty of water 30 minutes before (pre) a cardiovascular workout (**of at least 40 minutes continuous duration**) and then another equal dose directly after (post) workout. **Super L-Carnitine** is often used in combination with the **Lipotropic Plus Formula** to aid in the breakdown (emulsification) transport and final oxidation of fat as it is used for energy during fat metabolism.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 32

Amount Per Serving	% Daily Value*	
Calories	16	1 %
Total Carbohydrates	4 g	1 %
Sugar	0 g	
Vitamin B6 (as Pyridoxine HCl)	5 mg	250 %
Chromium (as Chromium Polynicotinate) ^{††}	50 mcg.	42 %
L-Carnitine	500 mg	*

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Values not established

†† ChromeMate brand of oxygen coordinated niacin bound chromium polynicotinate. ChromeMate is a registered trademark of the Interhealth Company 1993.

Other Ingredients: Purified Water, Vegetable Glycerine, Citric Acid, Stevia, Natural Raspberry Flavor, Sodium Benzoate and Potassium Sorbate.

CONTAINS NO: Sugar, Dairy, Eggs, Peanut, Tree Nut, Fish, Shellfish, Soy, Wheat, Gluten or Yeast.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before taking any nutritional supplement.