

PRODUCT INFORMATION

Carnitine

Although the body can, in principle, synthesize carnitine from the amino acids lysine and methionine, there still can occur states of deficiency, predominantly in case of various chronic diseases such as diabetes. Carnitine is important for providing the human cells with energy.

Basic Facts

Carnitine was found in meat extracts at the beginning of the 20th century, already, and its chemical structure was discovered in the subsequent decades. However, it was only in the second half of the century that the importance of this substance for providing energy for the muscles was realized and investigated. Carnitine is important for the transport of the fatty acids to the mitochondria, the «power plants» of the cells. Without the necessary «fuel» for the mitochondria, the provision of energy does not work.

All cells of the body, in particular the muscle cells and here again mainly the heart muscle with its continuous load, are dependent on a constant supply with fuel.

Therefore, a deficiency in carnitine can be observed in all cells on account of the impairment of their natural functions. Muscle cells have the highest need for energy and, consequently, they contain most of the carnitine.

The main food source of carnitine is meat, and to a lesser extent also milk and milk products. As a rule, healthy persons – even if they eat vegetarian food – do not suffer from a deficiency in carnitine as the body itself can synthesize carnitine from protein-building substances. This synthesis, however, may be impaired in case of chronic diseases (diabetes, diseases of the liver, etc.).

And especially in case of these diseases it is often recommended (for other reasons) to eat a diet containing only little meat.

Effects

Carnitine improves the provision of energy in the cells, in particular in the cells of the muscle tissue. Particularly cells which suffer from a lack of oxygen or from another kind of impairment cannot produce carnitine in sufficient quantities themselves. Therefore, organs with a preexisting chronic damage derive the greatest profit from an additional carnitine intake.

What goes on in the entire body in case of chronic diseases can also happen on a small scale in individual cells or tissues subjected to stress caused by contaminants or lack of oxygen. The result can be a transient and locally restricted deficiency in carnitine which makes the cells particularly susceptible to stress and can lead to a vicious circle of reduced energy provision and slowed carnitine production.

Sufficient energy provision is not only decisive for the muscle cells. Positive effects of carnitine on the nerve cells in the brain, on liver cells and on sperm are discussed. A well-balanced energy household allows the cells to purify themselves, to deal with foreign substances, to reduce fat, and finally to fulfill all their physiologic functions.



Composition

One capsule contains 500 mg L-carnitine in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂.

Dosage

In normal cases take 1–2 capsules 1–2 times a day with plenty of fluid. Often a combination with coenzyme Q10 proves to be practical.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

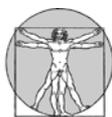
Store in a cool and dry environment, out of reach for children.

Carnitine Product Groups

Carnitine can be found in the following product groups (www.vitabasix.com):

-  **Cardiovascular System**
-  **Detoxification & Purification**
-  **Power & Energy**
-  **Sports & Muscles**
-  **Metabolism & Weight**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020