

Acetyl L-Carnitine 500mg

(Free-form)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

Acetyl-L-Carnitine 500mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Stearate, Silicon Dioxide.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
capsules

code
8304



Uses

Lamberts® Acetyl L-Carnitine 500mg is a one-a-day formula. Acetyl L-Carnitine (ALCAR) is an altered form of the amino acid, L-Carnitine, and is one of the most researched forms of carnitine. Furthermore, evidence suggests that the absorption from the small intestine of the acetyl form of this particular amino acid is enhanced.

Carnitine is an important amino acid made in the body from lysine, in the presence of vitamin C, and is mainly found in animal based foods. It is best known for its role in supporting mitochondrial health since it is responsible for transporting fatty acid chains to the mitochondria within cells, where they are oxidised to produce energy. Carnitine is also in charge of removing waste products from the mitochondria.

- L-Carnitine and in particular, Acetyl L-Carnitine, is widely recommended by practitioners
- Full 500mg of ALCAR
- One-a-day formula.

Usage and administration

1 capsule daily. It is preferable to take Amino Acids with fruit juice or water, rather than milk.

An Amino Acid is best taken 1/2 hour before any meal or at bedtime.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for children, or pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

