

# ACETYL-L-CARNITINE PRODUCT INFO SHEET



## Description

Support for Cognitive Health.

## Ingredients

Acetyl L-Carnitine transports long chain fatty acids across mitochondrial membranes into the mitochondria where they are metabolized and produce energy. Acetyl L-Carnitine also transports small chain fatty acids out of the mitochondria, which helps maintain coenzyme A levels. Acetyl L-Carnitine plays a role in the formation of acetylcholine (a chemical that carries information across the space between two nerve cells). Abnormal acetylcholine metabolism in the brain has been associated with age-related dementias. Studies have shown Acetyl L-Carnitine is beneficial in those with age-related dementias. Acetyl L-Carnitine has also been shown to beneficially affect cardiac functions.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
1 capsule contains		
N-Acetyl L-Carnitine HCL	500 mg	*

\* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules.  
This product may contain one or more of the following:  
Calcium Silicate, Magnesium Stearate,  
Microcrystalline Cellulose and Silicon Dioxide.

ID #740060 ~ 60 Capsules



## Dosage

SUGGESTED USE: As a dietary supplement, 1-2 capsules per day or as recommended by your health care professional.

## Contraindications

*There are no known contraindications. If you are pregnant or nursing, consult your physician before taking this product.*

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*