



# Acetyl-L-Carnitine

Promotes Optimal  
Neurological Health\*

Acetyl-L-Carnitine is an amino acid important to fatty acid oxidation and energy metabolism processes that supports healthy neurological and cellular functions, promotes balanced moods, and assists with healthy responses to oxidative stress.\*

## How Acetyl-L-Carnitine Works

Acetyl-L-carnitine crosses the blood-brain barrier to carry fatty acids across the mitochondrial membrane where it supports energy metabolism.\*<sup>1</sup> The positive role that acetyl-L-carnitine plays in mitochondrial metabolism also supports healthy responses to oxidative stress and healthy immune function.\*<sup>2,3</sup>

Clinical studies show dietary supplementation with acetyl-L-carnitine may promote neuronal effects such as promoting healthy cell proliferation.\*<sup>3,4</sup> Acetyl-L-carnitine may also play a critical part in supporting balanced moods.\*<sup>5</sup> Recent research focuses on the role of acetyl-L-carnitine in promoting exercise capacity in an already healthy athletic population due to its role in supporting energy metabolism.\*<sup>6</sup>

## Acetyl-L-Carnitine Supplementation

Acetyl-L-Carnitine is dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for promoting optimal neurological health.\*

Clinical evidence and research cited herein shows that Acetyl-L-Carnitine may:

- Promote healthy brain function\*
- Support energy metabolism\*
- Support healthy immune function\*
- Support healthy response to oxidative stress\*
- Promote balanced moods\*
- Promote exercise capacity\*



**Form: 60 Capsules**

**Serving Size: 1 Capsule**

Ingredients	Amount	%DV
Acetyl-L-Carnitine HCl	750 mg	*

### Other Ingredients:

Hydroxypropyl methylcellulose, vegetable magnesium stearate, silicon dioxide.

### Directions:

Take one capsule twice daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References:

1. Ribas, G. S., Vargas, C. R., & Wajner, M. (2014). L-carnitine supplementation as a potential antioxidant therapy for inherited neurometabolic disorders. *Gene*, *533*(2), 469-476.
2. Traina, G. (2016). The neurobiology of acetyl-L-carnitine. *Frontiers in Bioscience*, *21*, 1314-1329.
3. Ferreira, G. C., & McKenna, M. C. (2017). L-carnitine and acetyl-L-carnitine roles and neuroprotection in developing brain. *Neurochemical Research*, *42*(6), 1661-1675.
4. Bak, S. W., Choi, H., Park, H.-H., Lee, K.-Y., Lee, Y. J., Yoon, M.-Y., & Koh, S.-H. (2016). Neuroprotective effects of acetyl-L-carnitine against oxygen-glucose deprivation-induced neural stem cell death. *Molecular Neurobiology*, *53*(10), 6644-6652.
5. Veronese, N., Stubbs, B., Solmi, M., Ajnakina, O., Carvalho, A. F., & Maggi, S. (2018). Acetyl-L-carnitine supplementation and the treatment of depressive symptoms: A systemic review and meta-analysis. *Psychosomatic Medicine*, *80*(2), 154-159.
6. Fielding, R., Riede, L., Lugo, J. P., & Bellamine, A. (2018). L-carnitine supplementation in recovery after exercise. *Nutrients*, *10*(3), 349.