Creative Enzymes®

L-Carnitine

Cat. No. CEFX-048

Lot. No. (See product label)

Introduction

Description

L-carnitine is an amino acid and an organic compound that can be isolated from meat. There are two main sources of L-carnitine in the human body: lean meat, lamb, rabbit and other meat foods, and avocados, avocados, grapes and other small amounts of fruit. L-carnitine plays an important metabolic role in living organisms. It acts as a coenzyme that helps transport fatty acids into the mitochondria of cells for oxidative breakdown, which produces energy. L-carnitine is considered a potential fat burner that can be used by the body to reduce fat storage and increase energy expenditure. L-carnitine also plays an important antioxidant role in the body. It scavenges free radicals, reduces oxidative stress and protects cells from damage. For this reason, L-carnitine is widely used in anti-aging and antioxidant health products. In addition, L-carnitine helps to improve cardiovascular health and reduce the risk of atherosclerosis by promoting lipid metabolism and lowering blood lipids.

Product Information

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