

USAGE: Take 1 capsule 1 to 2 times per day on an empty stomach or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are under the age of 18, or taking medications, consult your healthcare professional before using this product.

L-Carnitine is an amino acid found in high concentrations in heart and liver tissues where, inside the cells (mitochondria), L-Carnitine helps transform fats into energy (i.e., ATP).* L-Carnitine also facilitates the metabolism of carbohydrates to enhance ATP production.*

L-Carnitine works synergistically with Co-Q10, an antioxidant and ATP production cofactor that is found in the inner membrane of the mitochondrion.*

**Keep out of the reach of children.
Store in a cool, dry place.**

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

L-Carnitine

As L-Carnitine Tartrate

500

**Important Cofactor for
Energy Production from Fats***

500
MILLIGRAMS

50
VEGGIE CAPS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 50

	Amount Per Serving	% DV
L-Carnitine (as L-Carnitine Tartrate)	500 mg	†
† Daily Value not established.		

Other Ingredients: Magnesium stearate (vegetable source), silicon dioxide and cellulose. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:

Jarrow FORMULAS

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

02319500LC PROD # 102001



www.nsfnon GMO.org

© 2019 Jarrow FORMULAS