

**USAGE:** Take 1 capsule up to 2 times per day or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, 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.**

\* 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.

**Jarrow**  
FORMULAS®

# L-Carnitine

As L-Carnitine Tartrate

**500**

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

**500** | **180** | **DIETARY**  
**MILLIGRAMS** | **CAPSULES** | **SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 180

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

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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Lot #. Best Used Before:

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