

L-CARNITINE

L-CARNITINE PLAYS A CRITICAL ROLE IN SHUTTLING LIPIDS (FATS) INTO MUSCLE CELLS FOR ENERGY PRODUCTION. THE BODY'S ABILITY TO BURN FAT IS DIRECTLY RELATED TO ITS SUPPLY OF CARNITINE. CARNITINE NOT ONLY HELPS ENERGY PRODUCTION, BUT IT IS ALSO IMPORTANT FOR HEART AND BRAIN FUNCTION, MUSCLE MOVEMENT AND SEVERAL OTHER BODY PROCESSES.

THIS NUTRIENT IS ESPECIALLY IMPORTANT FOR ATHLETES AND PEOPLE EMPLOYING A KETOGENIC STYLE OF DIETING. DURING KETO DIETING, THE BODY RELIES PRIMARILY ON FATS AND PROTEINS FOR ENERGY PRODUCTION AND THUS IN ORDER TO EFFECTIVELY BURN FATS, THE BODY'S CARNITINE REQUIREMENT GOES UP.

INCREASED CARNITINE LEVELS ALSO IMPROVES PERFORMANCE IN THE GYM BY DECREASING MUSCLE DAMAGE, PAIN AND CERTAIN MARKERS FOR METABOLIC STRESS PRODUCED DURING INTENSE ACTIVITY. HIGHER CARNITINE LEVELS INCREASE ENERGY PRODUCTION, BUT ALSO HAS AN EFFECT ON ACCELERATING MUSCLE BUFFERING AND MAINTAINING THE PROPER PH IN THE MUSCLE AND THUS MINIMIZING THE AGGREGATION OF HYDROGEN IONS, RESULTING IN LESS PAIN DURING EXERCISE.

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.

PN's manufacturer's production facility is NSF cGMP Certified



8 55249 00614 2

www.physiquenutrition.net



NEW

L-CARNITINE

*Decrease Fatty Free Acids

*Stimulant Free Fat Loss

*Helps Increase Recovery Response

120 SERVINGS
240 Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsule
Servings Per Container: 120

	Amount Per Serving	%DV
L-Carnitine	1500 mg	**

**Percent Daily Value "DV" Not Established.

Other Ingredients: Halal Gelatin Capsule, Microcrystalline Cellulose, Magnesium Stearate, Dicalcium Phosphate, Maltodextrin, Silica

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a health care provider before use if any medical conditions, or if you are using any prescription or over the counter medications. Consult a health care provider before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. Do not use if safety seal on this package has been broken. Store in a cool, dry place, keep out of reach of children.

DIRECTIONS FOR USE: Take 2 capsules upon rising or 2 capsules before workouts.

Manufactured For:
Physique Nutrition Inc., a Pennsylvania Corporation
140 East Main Street, Carnegie, Pa 15106
412-249-8486

Info@physiquenutrition.net

PHYSIQUENUTRITION.NET