

L-CARNITINE

3000 MG PER SERVING

L-CARNITINE KEY POINTERS

1. **Steadfast Nutrition's L-CARNITINE** supplement provides 3000 mg of **L-CARNITINE** and 5 mg of Vitamin B5, which improve athletic performance and help in weight loss.
2. **L-CARNITINE** is an amino acid that improves endurance activity; Vitamin B5 helps convert food into fuel and helps in RBC synthesis.
3. **L-CARNITINE** plays an important role in utilising fats as fuel by transporting long chain fatty acids to the mitochondria where they can be oxidised to produce energy; Vitamin B5 in **L-Carnitine** helps metabolise fats and carbohydrates to produce energy- both thus help in weight loss.
4. **L-CARNITINE** improves stamina by reducing fatigue, preventing lactic acid build-up, increasing nitric oxide production and blood flow to muscles, which boosts exercise performance.
5. **L-CARNITINE** helps muscles recover after high-intensity exercise by reducing hypoxia and muscle injury induced during exercise.
6. **L-CARNITINE** helps manage cholesterol by reducing HDL levels or “bad cholesterol” and improving HDL or “good cholesterol” by enabling fatty acid oxidation in cells, which inhibits excessive deposition of fats.
7. **L-CARNITINE** supplements play an important role in the management of heart health. They have been found to decrease the risks of ventricular arrhythmias (irregular heartbeats) and onset of new angina by decreasing the markers of inflammation and oxidative stress in myocardial cells.

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- 8. L-CARNITINE** boosts metabolism by generating energy through fat oxidation, which improves exercise performance and helps in weight loss.
- 9.** Take 15 ml of **Steadfast NUTRITION'S L-CARNITINE** before or during a workout to maintain good health. L-Carnitine improves the performance during high-intensity work if taken 60-90 minutes before a work out.
- 10. L-CARNITINE** supplement supports joint health by reducing the levels of C-reactive protein, a biomarker of systemic inflammation.



ENERGY LIQUIFIED



Improves
Athletic Performance



Boosts
Energy



Helps
Manage Weight



Fastens
Recovery



Helps Convert
Fat to Fuel



Improves Skin
and Hair Health

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