

L-Carnitin 500 mg 100 capsules



Capsules with 500 mg L-Carnitin

Rating: Not Rated Yet

Price

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Description

L-Carnitin is an amino acid which is produced by the liver. The body can produce only a small part of the L-Carnitin so the larger part has to be taken in through food sources. Meat, for example has a high content of L-Carnitin.

L-Carnitin acts as a transporter within the body by transporting fat from the cells directly into the mitochondria where it then gets burned.

Athletes and physically active people can't always cover their demand of L-Carnitin just through normal food intake so for them, supplementation is a good option.

During physical activity, the body produces the required energy first from stored carbohydrates. Only once these depots are depleted, will fat be used as a source of energy and this is when L-Carnitin is most efficient.

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