



Acetyl-L-Carnitine

What Is It?

Acetyl-L-carnitine is the acetylated form of L-carnitine. The two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-L-carnitine supports the availability of acetyl-CoA, an important energy generating metabolite. In addition, it supports proper mitochondrial function and cell membrane stability. The acetyl group from acetyl-L-carnitine is also responsible for the production of acetylcholine, an important neurotransmitter for optimal mental functioning.*

Uses For Acetyl-L-Carnitine

Support For Cognitive Function, Memory, And Emotional Well-Being: The efficacy of long-term acetyl-L-carnitine supplementation was determined in a double blind, placebo-controlled, randomized trial involving 130 elderly individuals for a one-year period. In this trial, acetyl-L-carnitine demonstrated the ability to slow negative cognitive changes, and supported memory and attention. In another randomized double blind study, three-month acetyl-L-carnitine supplementation provided statistically significant support for mental function, including memory and attention, compared to placebo. A multicenter trial of 481 volunteers showed significant memory, behavioral and emotional support with acetyl-L-carnitine supplementation. In an evaluation of 28 elderly individuals using acetyl-L-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.*

What Is The Source?

Pure Encapsulations Acetyl-L-carnitine consists of acetyl-L-carnitine HCl, a synthetically derived amino acid.

Recommendations

Pure Encapsulations recommends 500-1,000 mg acetyl-L-carnitine per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Gastrointestinal upset and skin rash have been reported in sensitive individuals.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Acetyl-L-Carnitine 500 mg.

each vegetable capsule contains 

acetyl-L-carnitine HCl	500 mg.
vitamin C (as ascorbyl palmitate).....	8 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-2 capsules per day, in divided doses, between meals.	

Acetyl-L-Carnitine 250 mg.

each vegetable capsule contains 

acetyl-L-carnitine HCl	250 mg.
vitamin C (as ascorbyl palmitate).....	4 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
2-4 capsules per day, in divided doses, between meals.	