L-Carnosine

DESCRIPTION
L-Carnosine capsules, provided by Douglas Laboratories, supply 500 mg of pure L-Carnosine.

FUNCTIONS
L-Carnosine is a naturally occurring dipeptide comprised of the amino acids alanine and histidine. It is present in the body, concentrated mainly in the brain, skeletal and heart muscles. While its exact role in the body is not completely understood, it has demonstrated to be a strong antioxidant in several animal studies. It is also thought carnosine may participate in the regulation of enzyme activity and assist with the binding of heavy metals in the body. Carnosine is also thought to play a role in the pH regulation of lactic acid in the muscles during intense exercise, thereby assisting exercise performance.

INDICATIONS
L-Carnosine may be a useful dietary adjunct for people who wish to supplement with this naturally occurring dipeptide.

FORMULA (#98731)
Each capsule contains:
L-Carnosine ............................................................. 500 mg

SUGGESTED USE
Adults take 1 capsule daily or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.
L-Carnosine

REFERENCES

For more information on L-Carnosine visit douglaslabs.com

† 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.