

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.

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REFERENCES

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- Decker EA, Livisay SA, Zhou S. A Re-evaluation of the antioxidant activity of purified carnosine. *Biochemistry (Mosc)*. 2000 Jul;65(7):766-70.
- Preedy VR, Patel VB, Reilly ME, Richardson PJ, Falkous G, Mantle D. Oxidants, antioxidants and alcohol: implications for skeletal and cardiac muscle. *Front Biosci*. 1999 Aug 1;4:e58-66.
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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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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Your patients trust you.**

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