

L-CARNITINE FACT SHEET

1) What is L-Carnitine?

L-Carnitine is an amino acid that is synthesized in the liver and kidneys from several different amino acids and vitamins. These include Lysine, Vitamin B6, Iron, Vitamin C, Niacin and Methionine. L-Carnitine aids in the transport and metabolism of long chain fatty acids for energy generation.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing L-Carnitine?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy; can I take L-Carnitine?

Yes

5) I am on blood-thinning medication; can I take L-Carnitine as well?

I'm afraid the answer is no, as L-Carnitine could seriously affect how the medication works.

6) What types of Carnitine are there?

There are two types of carnitine, L-Carnitine and D-Carnitine. Only L-Carnitine is biologically active.

7) Why do I need to take L-Carnitine & how will I benefit from using it?

L-Carnitine hosts a whole range of benefits. These include: enhancing physical performance, improving cardiovascular function, helping the body burn fat and converting fats into energy and prevent high cholesterol levels.

L-Carnitine may improve heart function and reduce symptoms of Angina and increase levels of important blood lipids as well as keeping sperm cells healthy, reducing symptoms of leg pain caused by a fatty build up in arteries and supporting healthy weight loss.

8) Will L-Carnitine help me to lose weight?

L-Carnitine is not a weight loss formula. However, it does efficiently burn fat, which can then be used as an energy source.

9) Where can I find natural sources of L-Carnitine?

L-Carnitine is found mainly in red meats such as lamb and beef and some dairy products. With the exception of avocados, fruit and vegetables contain very little L-Carnitine.

10) How do I know if I am deficient in L-Carnitine?

Symptoms of deficiency will include; muscle weakness, severe confusion and angina. Carnitine deficiency is usually distinguished as primary or secondary. Primary deficiency is caused by some underlying problem, such as inefficient production of Carnitine in the body or an alteration of carnitine transport across the muscle cellular membrane. Secondary deficiency is due to lack of carnitine in the diet.

11) Is it possible to test for L-Carnitine levels?

Testing for Carnitine is difficult. The majority of carnitine is found in muscle tissue, but it is also found in the blood, liver and kidneys. Examination of muscle tissue proves more accurate, but sampling muscle is an invasive procedure. As a result, blood serum levels are the preferred method of diagnosis, but this does offer a less accurate result.

12) I am having dialysis treatment; will I benefit from supplementing L-Carnitine?

Yes. L-Carnitine can increase the levels of important blood lipids that are often lost through dialysis treatment.

13) Can both anyone who suffers from Type I or Type II diabetes take L-Carnitine in order to reduce nerve damage pain caused by the illness?

Yes, both types of diabetics may supplement with L-Carnitine, but inform their doctor that you taking it.

14) Can I take L-Carnitine with other WWH products?

Yes. However, we would advise that you do not exceed a dose of 3000mg of Carnitine a day. For example, if you are also taking the Weight Loss formula, take 1 L-Carnitine capsule and 2 Weight Loss capsules.

Ingredients per capsule:

L-Carnitine 500mg;

Other ingredients: Magnesium Stearate; Silica.