



User s Guide to Carnitine and Acetyl-L-Carnitine (Paperback)

By Vera Tweed

Basic Health Publications, United States, 2007. Paperback. Book Condition: New. 211 x 91 mm. Language: English . Brand New Book. People who need more energy and want to avoid stimulants that will make them edgy should consider taking supplements of carnitine or acetyl-l-carnitine, two forms of the same nutrient found naturally in protein. Carnitine works by transporting fats in cells to where they are burned for energy. By boosting the activity of the body s cellular furnaces, carnitine can energize the heart, brain, and muscles to do more. Doctors have also found carnitine and acetyl-l-carnitine helpful in treating many conditions, including heart failure, muscle weakness and failing memory. Carnitine can also enhance physical training.



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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- Doris Beier

Undoubtedly, this is actually the finest work by any author. Of course, it is performed, nonetheless an amazing and interesting literature. You will like just how the article writer published this book.

-- Dr. Isom Dibbert Jr.