

Essential L-Carnitine

Why This Supplement?



Essential L-Carnitine powder is formulated with acetyl-L-carnitine, a highly absorbable and superior form of carnitine. It addresses deficiencies that impact energy production, heart health, and cognitive function, supporting overall well-being and optimal fat metabolism for increased energy and a leaner physique.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results!

Essential L-Carnitine promotes heart health by reducing oxidative stress and inflammation, enhancing mitochondrial function for improved energy production. It supports cognitive health, aiding memory, focus, and alertness while regulating calcium influx and blood sugar levels for overall well-being.

Quick Facts!

- **Cognitive Support:** Essential L-Carnitine, with acetyl-L-carnitine, promotes acetylcholine synthesis, benefiting memory, focus, and alertness for optimal cognitive function.
- **Heart Protector:** Studies show L-carnitine reduces hypertension, hyperlipidemia, and diabetes, supporting cardiovascular health and overall well-being.
- **Superior Absorption:** Utilizing acetyl-L-carnitine, the formula ensures superior absorption and blood-brain barrier penetration, enhancing brain energy and function.



Dosing

Take 1 scoop mixed with 8 oz. of water or other healthy fluid. Mix thoroughly and drink.

Supplement Facts

Serving Size: 1 Scoop (3 grams)		Servings Per Container: 50
Amount Per Serving		% Daily Value
Acetyl L-Carnitine	3g	†

** Percent daily values are based on a 2,000 calorie diet.
†Daily Value not established.

Warning: If you have a serious medical condition or are pregnant or lactating, consult your physician before use.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
www.ohs4life.com/lc