CARNITINA EXTRA®

CARNITINE FOOD SUPPLEMENT WITH VITAMIN B12 AND ZINC

ENDURANCE FOR YOUR SPORT

- CARNITINA TRANSPORTS FATTY ACIDS INTO MITOCHONDRIA, WHERE THEY ARE CONVERTED INTO ENERGY
- EACH TABLET PROVIDES 1 g OF CARNITINE
- STRENGTHEN FORMULA WITH VITAMIN B12 AND ZINC

HIGH QUALITY STANDARD ★★★★★

EXTREMELY PURE

PACKAGE: 90 TABLETS, 1600 mg/each

RECOMMENDED FOR

Endurance and ultra-endurance athletes.

WHEN TO USE CARNITINA EXTRA®

2h 1h 30' 0 0 30' 1h 2h

BEFORE DURING AFTER

Warnings: do not exceed the recommended daily portion. Keep out of reach of children under the age of three. Food supplements are not intended as substitutes of a varied, balanced diet and a healthy life style. Store in a cool, dry place. Best before date applies to the product in its intact container when stored as directed. This product is tested free form Nandrolone and Testosterone with their precursors, free from Beta-2-agonists, amphetamines and ephedrines.

INFORMATION

Carnitine plays an important physiological role as a fatty acid carrier in energy-yielding metabolism. On the biochemical level, carnitine facilitates the transport of long-chain fatty acids into mitochondria, where they are oxidized to produce energy. In the cell, carnitine is involved in a complicated mechanism called "carnitine acyl-CoA transferase": it maintains a balanced acetyl CoA/CoA ratio and assists the conversion of pyruvate and lactate to Acetyl CoA. Moreover, carnitine carries out an indirect, anti-oxidant action on high metabolism cells, such as cardiac and muscle cells. Vitamin B12 contributes to normal energy-yielding metabolism and to the reduction of tiredness and fatigue, while zinc contributes to normal metabolism of fatty acids.

TYPICAL VALUES

	Per portion (1 tablet)	NRV% Per portion (1 tablet)
L-Carnitine	1000 mg	-
Vitamin B12	2.5 µg	100%
Zinc	5 mg	50%

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

HOW TO USE AND RECOMMENDED DAILY DOSE

1 tablet per day, preferably between meals, or at least 1 hour before the physical activity.

INGREDIENTS

L-Carnitine hydrochloride, bulking agent: cellulose; zinc gluconate, anti- caking agents: magnesium salt of fatty acids, silicon dioxide; vitamin B12 (cyanocobalamin).

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