

L-Carnitine Tartrate

Workout recovery
and fat burning



- Burns fat
- Stimulates muscle recovery and growth
- Maximizes cellular energy production
- Biologically active form

ISO 17025
Accredited Laboratory



newrootsherbal.com



L-Carnitine Tartrate



L-Carnitine tartrate is a stable, biologically active form of L-carnitine with a diverse range of metabolic benefits. This amino acid participates in the conversion of fatty acids for energy production; however its role in muscle growth and recovery is critical for both elite athletes and those experiencing exertion-related fatigue.

L-Carnitine L-tartrate (LCLT) has been shown to have positive effects for hypoxic stress (oxygen deprivation) for muscle groups during intense training. Enhanced consumption of available oxygen definitely benefits both strength and stamina. LCLT supplementation has also been shown to reduce muscle disruption resulting from high-intensity resistance-training regimens. Magnetic Resonance Imaging (MRI) results from trials of weight training men at the Department of Kinesiology at the University of Connecticut reinforce the role of LCLT in muscle recovery and growth. The reduction of damage to muscle tissue preserves a greater amount of intact hormone receptors that allow the body's testosterone and other growth factors to accelerate muscle growth and recovery.

New Roots Herbal's **L-Carnitine Tartrate** burns fat for energy and plays a crucial role in exertion-related muscle repair, growth, and stamina for voluntary muscle groups. LCLT use has also been recognized to improve myocardial (heart) performance; this warrants further consideration for both heart attack survivors and those with risk factors for heart attack or failure.

Each vegetable capsule contains:

L-Carnitine tartrate 750 mg
Providing 500 mg of L-carnitine.

Other ingredients: Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80044764 · V0098-R2

Suggested use:

Adults: Start with 1 capsule twice daily with food and gradually increase to 2 capsules twice daily with food or as directed by your health-care practitioner. Take 2–4 hours prior to exercise. Consult a health-care practitioner for use beyond 6 months.

Manufactured under strict GMP (Good Manufacturing Practices).

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