



CARNITINE SPORT

Carnitine Sport contains L-carnitine, an amino acid which is necessary for the conversion of fat into energy.

Contents

One flavored orange lozenge contains 500 mg of L-carnitine.

Indications L-carnitine is responsible for maintaining energy metabolism in all cells of the body : it transports fatty acids across the cell membrane into the mitochondria where they are " burned " , namely transformed into energy . L-carnitine is present, as the name suggests, only in animal products in the maximum proportion of 100 mg per 100 g of red meat. Vegetarians and those who eat little meat should therefore opt for supplementation. L-Carnitine has also shown a beneficial effect in relieving muscle soreness induced by eccentric exercises.

Price : 35,00 Frs per unit of 30 lozenges

Ingredients

Sorbitol, L-Carnitine tartrate, excipients, orange aroma, sweetener : aspartame.

Contains a source of phenylalanine

Utilisation

Take 3 to 6 lozenges in the hour following the end of an effort.

Advice

Use with carbohydrates drink in the hour following the end of an effort to optimize the efficiency of

L-carnitine supplementation in case of muscle soreness.