



NATURE'S SUNSHINE

L-Carnitine

GOOD FOR

Muscles

Musculoskeletal System

Liver

SIZE **30 Capsules**

ITEM # **1632**

SERVING **1-3**

SUPPLY **10-30 days**

DIRECTIONS FOR USE Take 1-3 capsules daily with a meal.

— How the Key Ingredients Work

L-Carnitine works with your body's own systems to help turn fat into usable energy, support your heart, and keep your cells protected — think of it as a key that helps unlock the fuel your body already has stored.

L-Carnitine (Energy Production) — Your body uses L-Carnitine like a shuttle service, helping carry long-chain fatty acids into the part of your cells where they get burned for energy. Without enough of it, those fats can't make the trip — meaning your body may struggle to tap into its own fuel reserves efficiently.

L-Carnitine (Heart Health) — Your heart relies heavily on fat as its main fuel source, and L-Carnitine plays a direct role in keeping that fuel supply flowing. Research shows that adding L-Carnitine to a standard heart-health routine may modestly improve how well people with stable angina can exercise and reduce signs of reduced blood flow to the heart.

L-Carnitine (Antioxidant Protection) — L-Carnitine doesn't just help with energy — it also acts as a defender against everyday cellular damage. Studies show it can help raise the body's overall antioxidant capacity and reduce markers of oxidative stress, meaning it helps protect your cells from the wear and tear of daily life.

L-Carnitine (Athletic & Physical Performance) — For people dealing with exercise intolerance or recovering from physical setbacks, L-Carnitine may offer meaningful support. By helping the body access fat for fuel during activity, it supports endurance and physical capacity — particularly in those who may have lower natural carnitine levels to begin with.

L-Carnitine (Kidney Health & Anemia Support) — People on hemodialysis often develop low carnitine levels, which can contribute to anemia. L-Carnitine supplementation has been studied as a supportive addition alongside standard care in this population, helping to address the carnitine shortfall that dialysis can cause and supporting healthy red blood cell function.

L-Carnitine (Cellular Defense) — Beyond its energy role, L-Carnitine helps the body neutralize harmful free radicals and may help bind certain metals that could otherwise cause cellular damage. This dual action — both scavenging and chelating — adds an extra layer of everyday protection for your cells and tissues.

L-Carnitine (Reproductive Health) — Research notes indicate that L-Carnitine plays a protective role for sperm cells, helping to shield them from oxidative damage. This makes it a noteworthy nutrient for anyone focused on reproductive wellness and overall vitality, as healthy cells of all kinds benefit from reduced oxidative stress.

L-Carnitine (Mitochondrial Support) — Mitochondria are often called the powerhouses of your cells, and L-Carnitine is one of their most important helpers. It assists in clearing out byproducts from fat processing and keeping the energy-production process running cleanly — supporting the kind of sustained, steady energy your body needs day to day.

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