

## L-Carnitine 600 mg

600 mg



### Content

100 Piece / Tablets  
PZN 4169233  
RRP 69,90 €



### Recommended intake

1 tablet / day



### without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



### free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

### Energy for the muscles.

Burgerstein L-Carnitine contains 600 mg of pure L-Carnitine (Carnipure©) per tablet and is suitable for vegans.

L-carnitine is a sulphur-containing amino acid that is formed in the body from the amino acids L-lysine and L-methionine. L-carnitine is primarily found in meat and other foods of animal origin. On average, 75% of the L-carnitine present in the body comes from food, the rest is produced by the body itself.

L-carnitine is important for energy metabolism and endurance performance in athletes, supports regeneration, serves to transport fats (fatty acids) and enables their optimal combustion.

In the human body, the vitamin-like nutrient carnitine is synthesised by iron, vitamin C, B6, B12, folic acid, niacin and enzymes. Our body produces L-carnitine itself from the amino acids methionine and lysine. It is mainly absorbed through animal foods such as red meat. Sheep and lamb in particular contain high amounts of the nutrient, but fish, seafood, milk and cheese can also be used as a source.

The protein compound got its name from the fact that the two amino acids are largely contained in meat. Translated from Latin, carnis means meat, and this is how the name L-carnitine developed. The substance was first discovered in the muscle meat of mammals by Russian researchers at the beginning of the 20th century. It is indispensable for the function of the muscles.

### The product is suitable for ...

### L-Carnitine supports...

- ... **athletes**  
Important for the energy metabolism and endurance performance in athletes for muscle recovery and against muscle soreness
- ... with 100 % the highest carnitine quality and pure L-carnitine (Carnipure)\*
- ... **Vegetarians & Vegans**  
These have an increased need for L-carnitine
- ... **Pregnant & breastfeeding women**  
These have an increased need for L-carnitine

The intake of **L-carnitine** is supposed to accelerate the production of energy from fatty acids and thus fuel the burning of fat. **Carnitine** is also said to promote the ability to regenerate after hard endurance units, so that you are fit and resilient again more quickly.

\***Carnipure™** is a uniquely patented form of carnitine. **Carnipure™** is a Swiss branded raw material. It contains only naturally bio fermentatively produced L-carnitine.

### L-Carnitine in food

Carnitine is found in many foods. Fruits and vegetables have little carnitine:

- Beef shank: 135 milligrams/100 grams.
- Leg of lamb: 190 milligrams/100 grams
- Leg of venison: 190 milligrams/100 grams
- Dried porcini mushrooms: 38.8 milligrams/100 grams
- Chanterelles: 12.6 milligrams/100 grams
- Herrings: 12.4 milligrams/100 grams
- Carrots: 0.4 milligrams/100 grams
- Apple: 0.05 milligrams/100 grams

### Good to know

Experts estimate the daily requirement of L-carnitine at about 16 milligrams. The muscles also store about 20-25 milligrams. If too much carnitine is absorbed, the body excretes it again in the urine.

There are some diseases such as diabetes mellitus or liver cirrhosis that favour a carnitine deficiency. Dialysis patients also have a particularly high risk of carnitine deficiency. The first symptoms of deficiency include exhaustion, fatigue and reduced drive. In the case of prolonged carnitine deficiency, the functions of the heart, liver and kidneys are particularly impaired.



Nutritional values	Per daily portion (1 tablet)
L-carnitine	600,00 mg
Energy kJ	15,00 kJ
Energy kcal	3,50 kcal
Protein	0,60 g
Carbohydrates	< 0,40 g
Fat	< 0,10 g
thereof saturated fatty acids	< 0,10 mg

**Ingredients:** L-carnitine L-tartrate, fillers (cellulose, cross-linked sodium carboxy methyl cellulose), starch, anti-caking agents (silicon dioxide, magnesium salts from fatty acids), coating agents (hydroxy propyl methyl cellulose, maltodextrin, triglycerides).

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

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