

Acetyl L·Carnitine

500mg of Acetyl L·Carnitine per vegetable capsule to support patients with impaired cognition, nerve damage, chronic fatigue and poor sperm motility.

Each capsule contains:

Acetyl L-carnitine 500mg
(N-acetyl l-carnitine HCL)



120 vegetable capsules

Gluten, soy and dairy free.

L-carnitine is an amino acid that is classically known for its role in transporting fatty acids into the mitochondria for energy production.

Acetyl L·Carnitine (ALC) is the acetylated form of L-Carnitine. It is the only form demonstrated to cross the blood-brain-barrier. This ability to enter the central nervous system and its ability to upregulate acetylcholine production offers unique advantages for the brain and cognitive function.

ALC is indicated in cases of cognitive impairment, mood disorders and mental fatigue. Specifically, ALC supplementation has been shown to improve cognitive markers, including attention, reaction time, memory and spatial awareness. Benefits have been demonstrated in those with mild

cognitive impairment as well. Research with ALC supplementation has shown improved outcomes in those with low mood and chronic fatigue syndrome.

ALC has also demonstrated powerful protective effects in the peripheral nervous system. Clinical trials utilizing ALC in cases of nerve damage as a result of various medications and metabolic disturbances have all yielded positive results. Improvements in pain, vibratory perception, nerve function and nerve regeneration have been observed.

Other clinical indications for ALC supplementation include poor sperm motility, male infertility, Peyronie's disease, cerebral ischemia, insulin resistance and coronary artery disease.

Key points

- Acetyl-L-Carnitine is the only form of L-carnitine with demonstrated ability to cross the blood-brain-barrier and enter the central nervous system
- Indicated for patients with impaired cognition, nerve damage, chronic fatigue and poor sperm motility
- 500mg of Acetyl-L-Carnitine (ALC) per capsule

Studies on ALC have been shown to positively affect each of these conditions when appropriately supplemented.

The mechanisms behind ALC's benefits appear to be multifactorial. ALC has cholinergic action within the body and it is imperative for shuttling fatty acids into the mitochondria for energy production. ALC also stabilizes the cell membrane, increases nerve growth factor levels and inhibits excitotoxicity in the nervous system.

This formula provides 500mg of Acetyl-L-Carnitine per capsule to support energy production and

mitochondrial function in a wide variety of clinical scenarios. By providing the acetylated form of L-Carnitine, it ensures the delivery to, and protection of, both the central and peripheral nervous system.

Related products

A·C·E·S· + Zinc

Brain·Matrix

Cyto ALA

Cyto B·Complex

Cyto Ubiquinol

Mito·Matrix

Non-Medicinal Ingredients: Microcrystalline cellulose, silicon dioxide, dicalcium phosphate, vegetable-grade magnesium stearate. Capsule: hypromellose.

Indications: Helps to support cognitive health and brain function.

Directions: Adults: Take 3 to 4 capsules per day with food, or as directed by a healthcare professional.

Known Adverse Reactions: May cause mild gastrointestinal disturbances.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you are pregnant or breastfeeding, or if you have liver or kidney disease or a seizure disorder.