



L-Carnitine



Overview

This is an amino acid that our bodies need to be healthy. Amino acids are the building blocks of protein, and protein is found in all our cells. L-carnitine plays a role in energy production and other body processes.

How we get it

How do we get L-carnitine? Our bodies actually make it for us. But we also get it from other sources. Meat (especially red meat), fish, poultry and milk are all great sources.

Health benefits

What are the benefits of L-carnitine? Well, we're still researching its effects on the body. We're trying to find out if it may help improve things like athletic performance or mental alertness. More study is needed.

Conclusion

To find out more about the role L-carnitine plays in your health, talk to your doctor.

