



# The Master's Club

## Fitness & Lifestyle Wellness

### Super L-Carnitine

**Super L-Carnitine** is essential for fat burning.

**I.B. Fritz** and **K.T.N. Yue**, physiologists from the **University of Michigan**, discovered that **Carnitine** actually *accelerates* the **fat-burning process** in the **liver** and **muscles**.

Without it, fat is unable to **penetrate the walls** of the **mitochondria** of the **muscle cells**.

**Carnitine** is the **shuttle** that carries fat into your body's furnaces (muscles) to be burned for energy. **Super L-Carnitine increases the rate of fat utilization for fuel**.

Unfortunately, the richest **natural sources** of Carnitine are meats such as **sheep, lamb** and **beef**. However, they're also high in calories and **saturated fats** and would have to be eaten in excessive quantities to supply the body with sufficient amounts of Carnitine.

One serving of **Super L-Carnitine** is equal to one and one half pounds of beef without the calories and fat.

Here's a simple analogy to demonstrate how Super L-Carnitine works.

Imagine your blood stream is a river. Your body-fat cells are little people in boats floating down the river to reach their final destination: **The Muscle Hotel**, (muscle tissue-where fat will be burned as fuel for energy).

But, when they arrive, they find the door **too heavy** to open.

**Super L-Carnitine** is the **doorman** to **The Muscle Hotel**. It allows your **body-fat** to **more easily enter (permeate)** your **muscle tissue** to be **burned as fuel energy**.

In a **pilot study** involving college students, subjects receiving 300 mg doses of Super L-Carnitine experienced **dramatic increases** in **aerobic capacity** as determined by the **MaxVO2** (*maximal volume of oxygen consumed*). This explains why **Super L-Carnitine** is used for both **athletic performance** (especially endurance athletes including **cyclists, runners** and **ironman competitors**) as well as people involved in **weight-management** — **efficient transport** and **energy expenditure**.

The **Super L-Carnitine Formulation** is a **PRE** and **POST**-workout formulation. Typically, a fitness enthusiast will take **1 Tablespoon** (per 100 lbs or 45kg) with plenty of water 30 minutes before (pre) a cardiovascular workout (**of at least 40 minutes continuous duration**) and then another equal dose directly after (post) workout. **Super L-Carnitine** is often used in combination with the **Lipotropic Plus Formula** to aid in the breakdown (emulsification) transport and final oxidation of fat as it is used for energy during fat metabolism.

### Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings Per Container 32

Amount Per Serving	% Daily Value*	
Calories	16	1 %
Total Carbohydrates	4 g	1 %
Sugar	0 g	
Vitamin B6 (as Pyridoxine HCl)	5 mg	250 %
Chromium (as Chromium Polynicotinate) <sup>††</sup>	50 mcg.	42 %
L-Carnitine	500 mg	*

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Values not established

†† ChromeMate brand of oxygen coordinated niacin bound chromium polynicotinate. ChromeMate is a registered trademark of the Interhealth Company 1993.

**Other Ingredients:** Purified Water, Vegetable Glycerine, Citric Acid, Stevia, Natural Raspberry Flavor, Sodium Benzoate and Potassium Sorbate.

**CONTAINS NO:** Sugar, Dairy, Eggs, Peanut, Tree Nut, Fish, Shellfish, Soy, Wheat, Gluten or Yeast.