



# Carnisol™

An  
essential  
nutrient  
for the  
production  
of

**energy**

made with



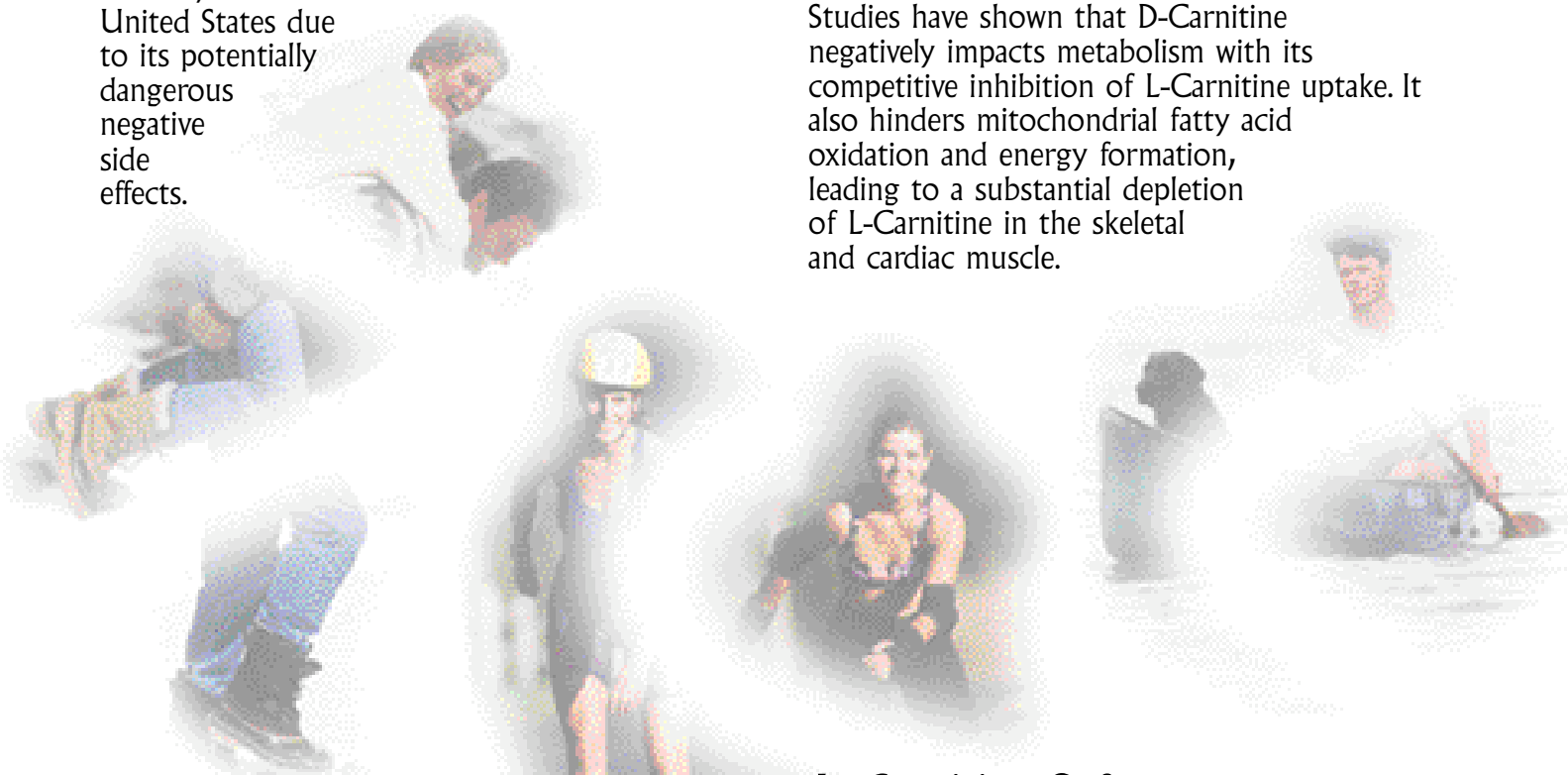
from

**SOFT GEL**

LIQUID SUPPLEMENT

## ***Carnisol™ made exclusively with L-CarniPure®***

Dietary supplements fall in and out of favor, but L-Carnitine has stood the test of time. Its properties are unique and within the body it functions similarly to both amino acids and several of the B vitamins. Existing in two isomeric forms\*, it is only the L-isomer that possesses physiologic activity. The D-isomer is biologically inactive, and banned for sale in the United States due to its potentially dangerous negative side effects.



Carnisol™ is the premier soft gelatin formulation providing 100% pure L-Carnitine from L-CarniPure®. The patented manufacturing process of L-CarniPure® completely eliminates the harmful D-isomer. Carnisol™ is exclusively available through Soft Gel Technologies, Inc.®

\* Isomers are compounds that have the same chemical structure with mirror images of one another.

## ***Carnisol™ provides:***

- 100% Pure L-Carnitine
- Micronized for superior absorption
- Pleasant citric taste in a unique soft gelatin formula

## **No D-Carnitine**

Studies have shown that D-Carnitine negatively impacts metabolism with its competitive inhibition of L-Carnitine uptake. It also hinders mitochondrial fatty acid oxidation and energy formation, leading to a substantial depletion of L-Carnitine in the skeletal and cardiac muscle.

## ***L-Carnitine Safety:***

- **Non-toxic:** L-Carnitine has been clinically tested for safety. Mild diarrhea has been reported at very high doses. This is transient and occurs at oral doses of up to 15 g L-Carnitine. This side effect is not unique to L-Carnitine. The consumption of large amounts of a variety of substances will induce diarrhea due to osmotic pressure in the bowels.
- **LD<sub>50</sub>:** LD<sub>50</sub> is a determinant of toxicity. No oral LD<sub>50</sub> could be established for L-Carnitine, demonstrating the safety of the substance. A dosage of 5 g L-Carnitine per kilogram of body weight has shown no toxic effects in rats. Also, standard toxicological studies proved the safety of L-Carnitine.

## L-Carnitine Supplementation

L-Carnitine plays a crucial role in fat and energy breakdown and cellular metabolism. Fat consists of three fatty acids linked to an alcohol molecule, and the production of energy from fat requires that the fatty acids are transported from the cytosol of the cell into the mitochondria for beta-oxidation. The mitochondria or "powerhouse" of the cell is where energy is ultimately produced. L-Carnitine is part of a shuttle system which takes the long chain fatty acids into the mitochondria. Beta-oxidation is the process of fatty acid breakdown or "fat burning". L-Carnitine ultimately assists in the creation of energy.

L-Carnitine supplementation is beneficial for:

- Cardiovascular Support
- Exercise Performance
- Weight Management

### Cardiovascular Support

To stay alive our hearts must keep beating continuously. Naturally it follows that the heart muscle requires an endless supply of energy. Approximately 70% of the metabolic energy comes from burning fatty acids. It is hardly surprising that high levels of L-Carnitine are found in cardiac muscle, as L-Carnitine supplementation plays such an essential role in fat metabolism.

There is enormous clinical evidence which supports the role of L-Carnitine in maintaining a healthy cardiovascular system. Lower levels of myocardial L-Carnitine are found in patients who

have had heart failure, and it has been proposed that L-Carnitine therapy may be valuable in the management of these patients. In addition, L-Carnitine can protect from myocardial ischemia, benefit those who suffer from angina pectoris, and increase exercise tolerance. Because it plays such an important role in maintaining cardiovascular health, L-Carnitine supplementation has become crucial *and* made simple with Carnisol™.

### Exercise Performance

Fat and carbohydrates are the primary fuels used to produce the energy required for physical exercise. Clinical research has shown a decrease in muscular free L-Carnitine concentration during exercise. Endurance athletes believe that L-Carnitine supplementation can increase the maximum aerobic power that can be achieved, and this translates into an increase in endurance performance.

L-Carnitine can also decrease the respiratory quotient in athletes, which leads to more effective fat utilization in the working

muscle with a possible carbohydrate sparing effect. The sparing of carbohydrates will delay the onset of exhaustion, thereby enhancing exercise performance. However, while exercise performance can be increased in endurance athletes, L-Carnitine can also benefit the efforts of casual athletes as well. Clinical evidence has shown that L-Carnitine supplementation prior to exercise helps reduce lactic acid accumulation which helps delay the onset of fatigue. This is of major significance as fatigue interferes with the ability to sustain a high level of physical activity. Additionally, L-Carnitine is helpful for alleviating delayed onset muscle soreness.

## Weight Management

There is little doubt that excess body fat is detrimental to health. Effective alternative approaches to health management are being sought, and L-Carnitine supplementation is amongst the most promising and safest of these alternatives. Supplementation with L-Carnitine promotes a leaner body by decreasing

fat deposition in favor of protein (muscle) deposition. L-Carnitine may help in weight management by helping enhance the rate at which fatty acids are broken down, increasing metabolic rate, promoting protein synthesis, and possibly inducing appetite suppression.

## Conclusion:

L-Carnitine plays a vital role in fat metabolism and energy production. This function is central to the benefits of cardiovascular health, sports performance, and weight management. Carnisol™ is a unique soft gelatin formula made exclusively with L-CarniPure®. To derive the benefits of L-Carnitine, Carnisol™ can provide your customers an easy to swallow soft gel geared at increasing the levels of L-Carnitine in the body. The addition of L-Carnitine to an overall weight loss program has been clinically shown to significantly decrease weight, body mass index (BMI), and body fat content.

Contact:

Soft Gel Technologies, Inc.®  
for more information on  
this unique dietary  
supplement.

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