



## Bio-Carnitine – suitable for vegetarians

Bio-Carnitine are vegetable capsules containing 250 mg pure L-carnitine. The manufacturing of Bio-Carnitine is under strict pharmaceutical control and complies with the GMP protocol (Good Manufacturing Practice), which is why Pharma Nord is able to guarantee the quality of the product. Bio-Carnitine is produced by means of a unique manufacturing technique based on fermentation. This method that carries the Carnipure™ quality stamp makes it possible to produce L-carnitine exactly like it is done in nature. The result is pure, nature-identical L-carnitine.

### What is carnitine?

Carnitine is a non-essential, water-soluble amino acid.

The process is assisted by another amino acid, methionine, and vitamin C.

In addition, iron, vitamin B6, and niacin are involved in several enzymatic processes. The L-form of carnitine is the only one that is of value to humans. Our carnitine levels drop with increasing age.

The largest contributing dietary source of carnitine is dairy and red meat, with lamb, game, and beef containing the most. Carnitine is only found in limited quantities in plant protein and for that reason vegetarians (and vegans) often have much lower levels of this amino acid.

## Bio-Carnitine

### 1 capsules contains

L-Carnitine 250 mg  
Encapsulated in vegetarian Vcaps™ capsules.

### Dosage

1 capsule daily, unless otherwise advised.  
Do not exceed the recommended daily dosage.  
Do not chew the capsule but swallow it whole.

For pregnant and breastfeeding women only use in consultation with your doctor.

Dietary supplements should not replace a varied diet.

Suitable for vegetarians.

### Ingredients

L-carnitine L-Tartrate, microcrystalline cellulose, hypromellose, magnesium stearate, silicon dioxide, titanium dioxide.

### Storage

Dark, dry and at room temperature.  
Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.