

PRO ENERGY & ENDURANCE

CARNIPURE™

100% PURE L-CARNITIN

PREPARE

BEFORE

DURING

AFTER

QUICK INFO

- X LAKTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES

Carnipure® **PRODUCT DESCRIPTION**

Sponser CarniPure offers the L-carnitine powder from Lonza in a guaranteed quality. The quality label Carnipure® offers a brand by trust of unique purity.

Conceived for ambitious ultra-endurance athletes for individual enrichment of their meals, beverages, or supplements.

ADVANTAGES

- individual dosage
- certified product quality
- best value product

RECOMMENDATION

approx. 1 level scoop (1.5 g) daily. Add to water or another beverage. As part of a varied and balanced diet and a healthy lifestyle. Further information from studies please see „literature“.

INGREDIENTS

100% pure L-Carnitine tartrate

PRO

CARNIPURE™

100% REINES L-CARNITIN

SEITE 2

FLAVOUR/PACKAGING

Neutral Dose 150 g Pulver (100 Portionen)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G	PER 1.5 G
energy kJ (kcal)	402 (96)	6 (1.4)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
protein	0 g	0 g
carbohydrates	0 g	0 g
of which sugars	0 g	0 g
salt	0 g	0 g
L-Carnitine	67 g	1.0 g

LITERATURE

- [1] O'Connor JE, et al, 1990: New roles of Carnitine metabolism in ammonia cytotoxicity. Adv Exp Med Biol 272:183-195.
- [2] Galloway SDR, et al, 2004: Effect of 2 weeks supplementation with L-Carnitine-L-Tartrate on plasma ammonia response to exercise. Conference proceedings, FASEB.
- [3] Spiering BA et al. (2008): Effects of L-carnitine-L-tartrate supplementation on muscle oxygenation responses to resistance exercise. J Strength Cond Res Jul; 22(4) 1130-5
- [4] Greenhaff PL, et al, 2006: Insulin stimulates L-carnitine accumulation in human skeletal muscle. FASEB J, 20(2):377-9.
- [5] Stephens FB, et al, 2006a: An acute increase in skeletal muscle carnitine content alters fuel metabolism in resting human skeletal muscle. J Clin Endocrin Metab, 91(12):5013-8.
- [6] Stephens FB, et al, 2006b: Carbohydrate ingestion augments L-carnitine retention in humans. J Appl Physiol, 102(3):1065-70.
- [7] Wall BT, et al. 2011: Chronic oral ingestion of L-carnitine and carbohydrate increases muscle carnitine content and alters muscle fuel metabolism during exercise in humans. J Physiol 589.4 pp 963-973.
- [8] Sahlin K. 2011: Boasting fat burning with carnitine: an old friend comes out from the shadow. J Physiol 589.7 pp 1509-1510.

100% L-CARNITIN L-TARTRATE. FOOD SUPPLEMENT.

Carefully manufactured in Switzerland

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