

Carnipure™ for exercise and recovery

CONCLUSION

The physiological function of L-Carnitine in facilitating the production of energy from fat is crucial during exercise, especially endurance exercise, because fat is one of the main fuels used to provide energy for physical activity. An increasing body of scientific evidence illustrates the favourable effects of Carnipure™ for athletes and recreationally physically active people with regard to optimizing performance, delaying the onset of fatigue and improving the recovery process. The growing interest in Carnipure™ can be attributed to a number of factors including its basic function in helping convert fat into energy, its efficacy, its excellent safety profile and, of course its suitability for processing.