

L-Carnitine.
European Responsible Nutrition Alliance (ERNA)
Information Fact sheet

Studies in athletes have shown that L-Carnitine supplementation may foster exercise performance. Both an increase in maximal oxygen consumption and a lowering of the respiratory quotient indicate that L-Carnitine has the potential to stimulate lipid metabolism. Supplementation with L-Carnitine prior to high intensity exercise is significantly effective in assisting recovery. Volek et al. observed a decrease in the production of free radicals, less tissue damage and reduced muscle soreness after exercise and a better utilization of fat as an energy source during recovery. Latest research shows that the beneficial recovery effect on post-exercise metabolism increases in response to the daily dosage of L-Carnitine, but that it is already statistically significant at a dosage of 1 g L-Carnitine/day.