

ACETYL L-CARNITINE

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CMG Archives

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IMPORTANT

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Introduction

Acetyl L-Carnitine is a powerful antioxidant which works particularly well when taken in combination with Alpha Lipoic Acid. The acetyl group that is part of Acetyl L-Carnitine is believed to contribute to normal mental function.

Acetyl L-Carnitine Benefits

- It can help to improve mental focus and drive
- It helps with bodily functions that require a large amount of energy
- It helps with weight loss and fat burning
- It plays an important role in energy production

Acetyl L-Carnitine helps in the treatment of ailments including:

- **Alzheimer's Disease** - some studies have shown that it might help delay the progression of Alzheimer's Disease and improve memory in the elderly
- **Angina** - Acetyl L-Carnitine benefits those undergoing orthodox treatment for stable angina. Clinical trials have shown it can assist those with angina to exercise without chest pain
- **Brain blood circulation** - it acts as an antioxidant which helps prevent the deterioration of blood cells
- **Diabetic Neuropathy** - this is where nerves have been damaged in the body due to high blood sugar levels. It usually affects the nerves in the arms, legs and feet. Studies suggest that Acetyl L-Carnitine benefits sufferers by helping to reduce pain and increase normal feeling in nerves which have been affected

- **Kidney Disease** - as the kidneys produce carnitine then kidney disease could lead to the body producing lower levels than the body needs and so a supplement of Acetyl L-Carnitine could benefit the sufferer
- **Male infertility** - Acetyl L-Carnitine can help sperm cells to move more actively so improving male fertility
- **Parkinson's Disease** - it may have neuroprotective benefits when treating the disease
- **Weight Loss** - studies have shown that it can help to reduce fat mass and reduce fatigue which may contribute to weight loss

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