

CARNITINA EXTRA®

CARNITINE FOOD SUPPLEMENT WITH VITAMIN B12 AND ZINC



RECOMMENDED FOR

- Endurance and ultra-endurance athletes, such as marathon runners, cyclists, and triathletes, who engage in prolonged efforts.
- Those looking to optimize fat utilization for energy during physical activity.
- Athletes involved in intense and long-duration training who require targeted nutritional support.
- Individuals seeking targeted carnitine supplementation with a high-concentration formula.
- Athletes who prioritize supplement quality, choosing products that are tested and compliant with safety standards.



HIGH PURITY

PACKAGING: 120 CAPSULES JAR

WHEN TO USE CARNITINA EXTRA®



INFORMATION

Carnitine plays an essential biological role as a carrier of fatty acids involved in energy production. Biochemically, it facilitates the transport of long-chain fatty acids into the mitochondria, where they are oxidized to generate energy.

On a cellular level, carnitine is involved in a complex mechanism known as the carnitine acyl-CoA transferase system. It helps maintain the AcetylCoA/CoA balance within cells and supports the conversion of pyruvate and lactate into AcetylCoA.

Additionally, it exerts an indirect antioxidant action on high-metabolism cells such as cardiac and muscle cells.

Vitamin B12 contributes to normal energy metabolism and helps reduce tiredness and fatigue, while zinc contributes to the normal metabolism of fatty acids.

HOW TO USE AND RECOMMENDED DAILY DOSE

Take 2 capsules per day, preferably on an empty stomach or at least 1 hour before physical activity.

INGREDIENTS

L-Carnitine tartrate, inulin; Bulking agent: Hydroxypropyl methylcellulose; Zinc gluconate, Vitamin B12 (Methylcobalamin); Anti-caking agents: Magnesium salts of fatty acids, Silicon dioxide.

NUTRITION INFORMATION

	Per 2 capsules	%NRV*
L-Carnitine tartrate of which L-Carnitine	1500 mg 1000 mg	- -
Vitamin B12	3 µg	120%
Zinc	5 mg	50%

*NRV: Nutrient Reference Values (adults) according to EU Regulation 1169/2011

Do not exceed the recommended daily dose. Keep out of reach of children under 3 years of age. Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Store in a cool, dry place. The expiry date refers to the unopened product stored correctly. Produced in a facility that processes ingredients containing milk (including lactose), soy, peanuts, other nuts, sesame seeds, eggs, shellfish, and fish. Tested free from anabolic steroids, stimulants, and SARMS.

MAIN FUNCTIONS

ADVANCED FORMULATION

High l-carnitine concentration

- 1000 mg of L-Carnitine per daily dose
- A significant amount of this amino acid derivative, involved in fatty acid transport into mitochondria for energy production.

MAIN BENEFITS

Supports energy metabolism

- Vitamin B12 promotes energy production and helps reduce tiredness and fatigue
- Vitamin B12 contributes to normal red blood cell formation
- Zinc supports normal fatty acid metabolism and protects cells from oxidative stress

QUALITY & SAFETY

Guaranteed Quality and Safety

- Doping Free Tested – Checked to ensure absence of banned substances
- Vegetarian & Vegan Friendly – Contains no animal-derived ingredients
- Gluten Free – Suitable for individuals with gluten intolerance or allergy