

L-Carnitine

PEPTIDES

POSSIBLE SIDE EFFECTS Injection site reaction (redness, swelling, burning) Nausea Vomiting Abdominal cramping Diarrhea Fishy body odor (usually only at higher doses) Restlessness Insomnia Headache Increased appetite (not common) Hypoglycemia, particularly in diabetics and those o

POSSIBLE SIDE EFFECTS Injection site reaction (redness, swelling, burning) Nausea Vomiting Abdominal cramping Diarrhea Fishy body odor (usually only at higher doses) Restlessness Insomnia Headache Increased appetite (not common) Hypoglycemia, particularly in diabetics and those on insulin or glucose-lowering drugs May increase seizure frequency in epileptics **INTERACTIONS** Use caution when stacking with caffeine or other stimulants L-carnitine can antagonize thyroid hormone activity and may reduce the effectiveness of thyroid replacement; used therapeutically in hyperthyroidism There is an increased chance of hypoglycemia when used with diabetic medications such as insulin, metformin, and GLP-1 agonists Use with other fat metabolism agents or stimulants may cause overstimulation, increased heart rate, or jitteriness **CONTRAINDICATIONS** Do not use L-Carnitine if you... Have cardiovascular disease Have a heart arrhythmia Suffer from uncontrolled hypertension Are sensitive to stimulants Have anxiety or panic disorders Are epileptic Are pregnant or breastfeeding **DOSING AND OTHER CONSIDERATIONS** 8 week cycle followed by 4-8 week washout period If you take while fasted, in the morning or prior to cardio, there will be an increase in fat utilization. If taken with carbs, L-carnitine will be driven into muscle cells, improving endurance and recovery, while building the capacity to burn fat later. Absorption drops at higher doses: split doses in order to avoid diminished bioavailability Works best in the morning and/or 30-60 minutes prior to cardio **INTRAMUSCULAR** administration in the glute or thigh; subcutaneous injection may be used but is not preferred **Standard Protocol (Fat Loss/Performance Enhancement)** 100 units (500mg) per injection, 1-3 times per week **Maximum Protocol** 100-200 units (500-1,000mg) per injection, 3-5 times per week

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