Acetyl L-carnitine is one of the most extensively researched brain nutrients with a proven ability to enhance mental energy and clarity. Research shows acetyl L-carnitine:

- Facilitates energy maintenance in brain cells
- Increases levels of important neurotransmitter chemicals needed for memory, focus, and learning
- Repairs damage to brain cells caused by stress and poor nutrition

Acetyl L-carnitine dramatically improves mental focus and energy and is a vital and natural component of our brain’s chemistry. The body makes acetyl L-carnitine in small amounts and as we age, acetyl L-carnitine levels decline. For optimal brain function, therefore, supplements of acetyl L-carnitine are highly recommended. The only food source for this nutrient is animal brain, which is not a recommended food. Supplemental acetyl L-carnitine, on the other hand, is synthetically derived from other amino acids and is suitable for vegetarians. A survey in 2008 on Age Associated Memory Impairment revealed 58% of Canadian baby boomers have experienced short term memory loss in the past year; proactive treatment is crucial to protect brain health as we age.

Signs of inadequate acetyl L-carnitine intake include:
- Mental fatigue or “brain fog”
- Depression
- Short attention span
- Decreased memory and learning ability

**IMPROVING MEMORY AND REVERSING COGNITIVE DECLINE**

Over thirty studies show that acetyl L-carnitine slows or prevents age-related decline in mental function. 1.5 g/day of acetyl L-carnitine given to 236 older adults for forty-five days significantly increased effectiveness in measures of cognitive functioning, memory performance, and constructional thinking. Twenty adults given 1.5 g of acetyl L-carnitine experienced reversal of many signs of brain aging. Further, alcoholics with cognitive impairment have also benefited from acetyl L-carnitine supplementation.

**RELEVI NG DEPRESSION**

By increasing glucose energy to brain cells, acetyl L-carnitine is one of the most valuable compounds for relieving depression naturally. Energy allows brain cells to communicate better, and a social brain is a happier brain. Acetyl L-carnitine also increases neurotransmitters such as acetylcholine and serotonin, which is essential for healthy mood.

**SPEEDING STROKE RECOVERY**

One hundred sixty patients who suffered at least one stroke annually were given 1.5 g of acetyl L-carnitine per day for eight weeks. Acetyl L-carnitine led to increased recovery speed, as well as improved mood and attention span.

**SLOWING ALZHEIMER’S PROGRESSION**

Thirty Alzheimer’s patients given acetyl L-carnitine for 6 months saw dramatically less mental deterioration. One year treatment with acetyl L-carnitine in 130 patients with Alzheimer’s also led to a slower rate of mental decline in 13 of the 14 outcome measures. A total of over 600 patients with Alzheimer’s have been studied in over twenty years of research confirm that acetyl L-carnitine benefits Alzheimer’s patients. Acetyl L-carnitine may also benefit the management of Parkinson’s disease.
HELPING DAMAGED NERVES AND DIABETIC NEUROPATHY

Animal models of sciatic nerve injury show that acetyl L-carnitine dramatically increases the speed of nerve healing and prevents loss of nerve function. Acetyl L-carnitine should be considered in all cases where physical injury to neurons occurs, including brain injuries from car accidents and other causes. Acetyl L-carnitine in combination with phosphatidylserine significantly improves overall brain function, attention span, and learning ability. Acetyl L-carnitine has also been found to be helpful in the management of nerve damage from diabetic neuropathy, especially when combined with lipoic acid and GLA.

IMMUNE ENHANCEMENT

Acetyl L-carnitine has also been found to be a powerful immune enhancer due to the nervous system’s influence over the immune system. Acetyl L-carnitine may offer specific benefits to HIV patients and those with tuberculosis.

How to Use Acetyl L-Carnitine

Increasing mental energy: 700-2,000 mg
Relieving depression: 700-2,000 mg
Immune enhancement: 700-2,000 mg
Brain injuries and stroke: 1,400-3,000 mg
Supporting Alzheimer’s: 2,000-3,000 mg

Acetyl L-carnitine is energizing, so take no later than 4:00 p.m. Cofactor nutrients: Phosphatidylserine, B vitamins, lipoic acid, phosphatidylcholine, and EPA/DHA.

Contraindications: Epilepsy, manic depression.

COMMON QUESTIONS ABOUT ACETYL L-CARNITINE

When will I start feeling the benefits of acetyl L-carnitine?
You should begin to feel an increase in mental energy and focus within twenty minutes. For this reason, do not take it late in the day as it may delay sleep onset.

Are there any side effects to taking acetyl L-carnitine?
Long term, there are no side effects, only benefits. This is because acetyl L-carnitine protects and regenerates the brain. Acetyl L-carnitine is not a stimulant; it is a nutrient which naturally increases the energy of the brain.

Are there nutrients that help acetyl L-carnitine work more effectively?
Phosphatidylserine, B vitamins, lipoic acid, phosphatidylcholine and EPA/DHA (fish oils) all increase the effectiveness of acetyl L-carnitine.

Reference:

Acetyl L-Carnitine: NPN80050511

Medicinal Ingredients (per capsule):
Acetyl L-Carnitine: NPN80050511
Non-Medicinal Ingredients: Microcrystalline cellulose, vegetable stearate, silicon dioxide.