

2 other heart-healers for Great Protection

L-Carnitine & Alpha Lipoic Acid

Makes Ubiquinol work even better! Here they are...

In a recent study, researchers looked at the effect that the nutrient L-carnitine had on the heart. They used a randomized, double-blind study (the best kind). They divided 62 patients into two groups. One group took CoQ10 and L-Carnitine daily for 12 weeks. The other group took a placebo.

The group taking both supplements showed significant improvements in their shortness of breath and fatigue. They exercised better, too. All this is a sign that their heart cells produced more energy with the two supplements together.

And the best part: researchers used a relatively small amount of CoQ10. So we know that L-Carnitine played a big role in the results.

Your body needs L-Carnitine or "ALC" as it's commonly called, to burn fat and make energy in your mitochondria. So it's no surprise that adding Carnitine to your regimen will "re-charge" your mitochondria and fire up the energy in your heart, brain, organs and muscles.

And that's not all. Researchers also found Carnitine helps lower your risk of complications from high blood sugar ... reduce fatigue ... ramp up the energy in your brain for better thinking and longer attention span... and it may even slow down the effects of aging.

So if you have any type of heart, cardiovascular or energy concerns, it's one nutrient that should be part of your arsenal.

Workout – Energy - Recovery

The degree of post-exercise soreness you experience after workouts is a major factor in your quest for lean muscle gains and better performance. If you're often too sore from yesterday's workout to get back into the gym today or tomorrow, how do you expect to improve?

According to a new study conducted at the University of Connecticut and published in the Journal of Strength and Conditioning Research, supplementing with 1 to 2 grams of L-Carnitine daily while engaged in a resistance training program may diminish perceived muscle soreness and boost recovery after exercise.

While L-Carnitine can be made in the body, it's considered a conditionally essential nutrient that can exceed the body's ability to manufacture enough. No matter what your personal training goals may be, including an L-Carnitine supplement may indeed help you train harder, longer and recover faster than ever before.

Reverse aging ... boost your energy

How would you like to have enough energy to do all the things you dream of doing?

One of the best nutrients — alpha lipoic acid — can re-invigorate you and help you turn back the clock by 20 years or more.

Studies show alpha lipoic acid can practically reverse aging. Researchers tested it against 100 detoxification and antioxidant genes in mice. When given alpha lipoic acid, "their cognitive ability, behavior, and genetic expression are comparable to that of young animals." The animals weren't just living longer, they were living better.

How does it do it? Researcher at the Linus Pauling Institute, found that alpha lipoic acid *restores levels of glutathione to that of a young animal.*

You probably already know that glutathione is a critical antioxidant and detoxifier. When glutathione levels decline, you become more susceptible to free radicals and other environmental toxins.

Researchers also found that alpha lipoic acid...

- A. Recycles vitamins C and E in your body, boosting their effectiveness.
- B. Helps detoxify your body of heavy metals, especially mercury and cadmium.
- C. "Kick starts" declining function in cells that were more abundant in youth.
- D. Reduces mitochondrial degeneration. Protecting your mitochondria is crucial to good health and high energy levels. The slower they age, the slower you age.
- E. Soothes inflammation throughout your body, which helps with many degenerative health conditions.

Taking a combination of lipoic acid and acetyl-L-carnitine leads to greater physical energy and mental sharpness, according to studies. Both nutrients are involved in how cells break down food to make energy. A glimpse at some additional research:

TYPE 2 DIABETES

Numerous studies have shown that lipoic acid supplements improve insulin function and may also lower blood sugar levels. Considerable research has shown that it improves nerve pain and numbness related to diabetes. Some researchers have studied the potential benefits of alpha-lipoic acid in a variety of other nerve disorders, such as sciatic pain.

Lipoic acid also has potential weight loss applications, a benefit to overweight people with type 2 diabetes. In animal and human studies, it has demonstrated promise in appetite control and weight loss. In one study, South Korean researchers discovered that alpha-lipoic acid regulates the body's levels of hypothalamic AMP-activated protein kinase (AMPK), an enzyme that led to decreases in food intake and weight in laboratory rats. In a four week study of 360 obese men and women, people taking lipoic acid lost more weight than people taking placebos.

LIVER HEALTH

Lipoic acid has been used to treat life-threatening liver diseases such as hepatitis as well as mushroom poisoning. Burton Berkson, MD, PhD, director of the Integrative Medical Center, Las Cruces, NM, was one of the pioneers in using lipoic acid to treat poisoning from the deadly Amanita mushroom (commonly mistaken for edible mushroom). Amanita mushrooms can lead to death by blocking the liver's production of glutathione. However, given soon enough, either orally or intravenously, lipoic acid restores the liver's glutathione levels and promotes recovery. Alcohol also reduces glutathione levels.



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L-CARNITINE & ALPHA LIPOIC ACID
750mg

Helps To Burn Fat and Detoxify Your Body
Helps Support Heart, Cardiovascular Functions and Energy

60 Capsules
Dietary Supplement

Supplement Facts
Serving Size 1 Capsule

| Amount Per Serving | |
|--------------------|---------|
| Acetyl-L-Carnitine | 525mg * |
| Alpha Lipoic Acid | 225mg * |

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, and stearic acid.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

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HOW TO USE
Take one (1) to two (2) capsules daily as a dietary supplement.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

TWO OTHER HEART HEALERS FOR GREAT PROTECTION, L-CARNITINE AND ALPHA LIPOIC ACID. These are wonderful additions to go along with Ubiquinol. Your body needs L-carnitine or "ALC" as it's commonly called, to burn fat, and help produce energy in your heart, brain, organs and muscles. In addition, L-Carnitine helps lower your risk of complications from high blood sugar and helps reduce fatigue. Alpha lipoic acid can reinvigorate you and practically reverse aging. It boosts the effectiveness of vitamin C and E, helps detoxify your body of heavy metals and reduces mitochondrial degeneration.

L-Carnitine & Alpha Lipoic Acid other Ingredients

What is Gelatin? Gelatin is a colorless or slightly yellow, nearly tasteless and odorless substance obtained by boiling the skin, tendons, and ligaments of animals. As a result, it contains protein, collagen (a primary component of joints, cartilage, and nails), and various amino acids. It has long been a key ingredient for providing support for "jelled" desserts, salads, frozen drinks. Gelatin (also gelatine) has many uses in food, medicine, and manufacturing. Substances that contain or resemble gelatin are called gelatinous. Gelatin is a common substance used in capsules for vitamins and herbs and is harmless, basically providing some protein and amino acids. These are gelatin capsules that dissolve within minutes in the stomach.

What is magnesium stearate? Magnesium stearate is a white substance, solid at room temperature, used in the manufacture of pharmaceutical and supplement tablets and capsules. The primary role of magnesium stearate in supplements is to act as a lubricant to prevent tablet and capsule contents from sticking to the machinery that process them. The magnesium stearate we use is vegetable based and batch tested for purity by government standards.

What is Stearic Acid? Purified Stearic acid is the common name for octadecanoic acid, which is a saturated fatty acid. It is a waxy substance that is odorless and often takes the form of white or yellow waxy flakes. When it is heated, it becomes a clear liquid. Stearic acid is one of the most commonly occurring fatty acids and is found in a number of animal fats and vegetable oils, including beef fat and cocoa butter. It is often used in the production of margarine, shortening, spreads, and baking products..

Please contact us at www.bozoomer.com for our complete family of supplements. Thank You!

