

# Acetyl L-Carnitine

*Natural support for brain health and mental clarity*

Acetyl L-Carnitine (ALC) is a natural component of our brain's chemistry and promotes production of acetylcholine, the most abundant neurotransmitter in the brain. The body makes ALC in small amounts, but as we age, levels decline. ALC is a form of L-carnitine, an amino acid derivative that helps the body produce energy. However, by slightly altering the chemical structure of this nutrient (adding the acetyl group), it can cross the blood-brain barrier and function to support both brain health and energy production.

## Brain Health

Acetyl L-Carnitine is structurally similar to acetylcholine and may help facilitate its production and maintenance of optimal levels. Acetylcholine is involved in supporting memory, focus, and learning. It also serves to regulate activities of vital organs and blood vessels and communication between nerves and muscles. ALC can help support repair of cells in the brain and nervous system that have been damaged by stress and poor diet.

## Energy Production

L-Carnitine, (not the ALC form) is required to help escort fats into the part of the cell where they are burned and converted into energy (the mitochondria), thereby supporting energy production and weight management. Acetyl L-Carnitine works differently. Because the unique "acetyl" molecule allows this compound to cross the blood brain barrier, ALC may support energy production within brain cells, aiding in mental clarity, focus, and stamina.

## Healthy Moods

The neurotransmitter acetylcholine is important for a healthy, balanced mood. Acetyl L-carnitine not only supports a healthy mood by encouraging normal acetylcholine levels, but also by supporting energy production and delivery to brain cells. Energized brain cells communicate better with each other and with the rest of the body, leading to a healthier mood.

## Recommended Use:

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

### Benefits of Acetyl L-Carnitine

- Helps support the generation of cellular energy
- Supports mental energy and focus
- Helps balance mood
- Protects the brain and nervous system
- Helps support the health of brain cells affected by occasional stress
- Encourages proper neurotransmitter production



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**