

Acetyl L-Carnitine & Alpha Lipoic Acid



For Cellular Vitality

You may not think that your good health is related to the vitality of your cells, but it is. Your body is comprised of billions and billions of cells that work together in complex systems to keep you healthy. But each of these cells also has a unique life. A primary role of your body is to keep these cells healthy and vital in every part of your body throughout your life. And to stay healthy, each of these self-contained cells must produce its own energy – cells can't borrow energy from each other. Fortunately, there are steps you can take to maintain these cells that are so critical to your good health.

Source Naturals, the science company, introduces ACETYL L-CARNITINE & ALPHA LIPOIC ACID for your cellular vitality. It contains alpha lipoic acid and acetyl L-carnitine, two compounds that can support your cellular vitality for your better overall health.



*Strategies for Wellness*SM

For Cellular Vitality

ACETYL L-CARNITINE & ALPHA LIPOIC ACID is a groundbreaking new combination of two amazing nutrients, alpha lipoic acid and acetyl L-carnitine, that support your body's own system for maintenance of cell function as you age.

Alpha Lipoic Acid for Vitality

Alpha lipoic acid is a fat and water soluble compound that is naturally found in your body. It directly recycles vitamin C and indirectly recycles vitamin E to help your body maintain beneficial levels of these important and protective antioxidants. Alpha-lipoic acid also supports the immune system and healthy liver function.

One of the most important roles alpha lipoic acid plays in your body is its role in cellular energy production. Alpha-lipoic acid is a coenzyme that assists in the conversion of pyruvate to acetyl-coA. Acetyl-coA is the beginning point for the Krebs cycle, one of the body's main energy production cycles, which produces the high-energy molecule ATP (adenosine triphosphate). By supporting the Krebs cycle, alpha lipoic acid supports your cellular vitality.

Acetyl L-Carnitine for Vitality

Acetyl L-carnitine is a nutrient for your mind and your body. Medical experts believe that this form of carnitine, derived from an amino acid, is the most bioavailable form available. It supports your body's synthesis of acetylcholine, a neurotransmitter that is critical for learning and memory.

One of the most important functions that acetyl L-carnitine performs in your body is its role in supporting cellular energy. This critical biochemical compound transports long-chain fatty acids into the mitochondria in your cells. Cellular mitochondria are where these fatty acids are used to generate ATP, the metabolic energy for your cellular vitality.

Join the Wellness Revolution

Your life can seem to move at a dizzying pace. You might not have a lot of time to focus on your good health, and mainstream medicine doesn't always incorporate the scientific advances of recent decades into their health recommendations for you. But you can benefit from new information right now by shopping for products like ACETYL L-CARNITINE & ALPHA LIPOIC ACID at your local health food stores and outlets, the only places where you will find these groundbreaking products to support your lifelong vitality.

References

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- Kern M et al. (2003) Effects of Acetyl-L-Carnitine and Lipoic Acid supplementation on physiologic and psychological factors in older men. *Med Sci Sports Exerc*. 35(5S): 267.



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