NEW PRODUCT INTRODUCTION

L-Carnitine

- Synthesized by the body in small amounts
- Daily requirement of L-Carnitine is generally met by food intake, meat being the main source
- Plays an essential role in fat metabolism and energy production
- Supports the cardiovascular system and promotes weight management

Liquid Health™ Hydrosoluble L-Carnitine

- Liquid Health™ L-Carnitine contains 1 gram of liquid L-Carnipure®, the only form of L-Carnitine that is guaranteed to be 100% pure, and totally free of toxic D-Carnitine
- Liquid Health™ L-Carnitine contains synergistic B-vitamins that assist in the body’s assimilation of fatty acids
- Liquid Health™ L-Carnitine is a liquid and is absorbed by the body more quickly and completely than pills or capsules.

L-Carnitine Applications

- **Sports Nutrition**
  - Optimization of performance – Studies of athletes show that Carnipure™ supplementation aids in exercise.¹
  - Delays fatigue – Intense physical activity can deplete glycogen stored in the body, causing fatigue. If the use of fat as an energy source can be increased during exercise, this may help retain glycogen in muscles, thereby delaying the onset of fatigue. There is research to indicate that L-Carnitine may be beneficial in this respect.
  - Improved Recovery – Carnipure™ supplementation allows for decreased production of free radicals, less tissue damage, reduced muscle soreness and better utilization of fat as an energy source during recovery.²

- **Vegetarians, Mothers and Children**
  - Vegetarians – Vegetarian diets are low in L-Carnitine and low in the nutrients required for the body to synthesize L-Carnitine. Decreased availability of internally produced L-Carnitine means a decrease in energy. Supplementation can increase the amount of L-Carnitine in the body and thus ensure energy generating processes to continue. This means L-Carnitine supplementation is especially important for active vegetarian women.
  - Pregnancy – L-Carnitine plays a critical role in the wellbeing of mothers and their unborn children. A significant decrease in plasma L-Carnitine is found during pregnancy, and levels continue to decrease with gestational age. Major metabolic changes occur in a newborn child during the transition from the womb, where glucose is the major energy fuel, to birth where fatty acids and ketone bodies replace glucose as the major energy fuel.
  - Babies – L-Carnitine is an important nutrient for babies since L-Carnitine biosynthesis is not yet fully developed. The ESPGHAN Committee on Nutrition recently recommended that infant formula should contain a L-Carnitine supplement.

- **Male Fertility** – It is estimated that 40% of human infertility is entirely or partly related to deficiencies in sperm quality. Many clinical studies have shown that L-Carnitine plays an important role in the production of healthy sperm.³

- **Weight Management** – Clinical studies provide evidence that supplementary L-Carnitine may contribute to optimal fat oxidation. Coupled with dietary changes and exercise L-Carnitine supplementation may promote healthier body weight.

- **Healthy Aging** – Clinical data suggests that L-Carnitine’s role in supporting fatty acid oxidation is thought to suppress oxidative damage during aging. L-Carnitine can be regarded as the ideal nutrient for a long life, as it comprises all the nutritional benefits that seniors need to stay fit and healthy in both mind and body.

- **Cardiovascular Health** – Clinical data suggests that L-Carnitine supplementation may positively support healthy heart muscle and is beneficial in supporting a healthy heartbeat. Other clinical research indicate that L-Carnitine supplementation is helpful in maintaining healthy cholesterol and triglyceride levels.

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Carnipure™ is a trademark of Lonza
Liquid Health™ is a trademark of Liquid Health, Inc.

SUPPLEMENT FACTS

<table>
<thead>
<tr>
<th>Serving Size: 1 Tbsp</th>
<th>Amount per Serving</th>
<th>DV%</th>
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</thead>
<tbody>
<tr>
<td>Servings Per Container: 32</td>
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<tr>
<td>Dosage Guidelines: 1 tbsp daily</td>
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<tr>
<td>For best taste, refrigerate after opening</td>
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</table>

| Calories | 16 |
| Total Carbohydrates | 3.5 g | 1 |
| Sodium | 1.5 mg | <1 |
| Vitamin B-5 (from D-Calcium Pantothenate) | 10 mg | 40 |
| Vitamin B-6 (from Pyridoxine HCI) | 2 mg | 66 |
| Potassium | 3.5 mg | ** |
| L-Carnitine (L-Carnipure®) (Pharmaceutical (USP) Grade Free-Form Base) | 1 g | ** |
| Stevia rebaudiana Extract (leaf) (min. 80% Rebaudioside A) | 16 mg | ** |

** Daily Value not established  Based on a 2000 calorie diet

Other Ingredients: Purified Water, Vegetable Glycerin, Citric Acid, Natural Fruit Extracts and Flavors, Potassium Sorbate & Sodium Benzoate (to preserve freshness).

This product is a dietary supplement and has not been evaluated by the FDA. It is not intended to diagnose, treat, cure, or prevent any disease.

*L-Carnipure® is a registered trademark of Lonza, Ltd.

Contains NO Sugar, Starch, Wheat, Gluten, Yeast, Milk, or Soy Derivatives

MADE IN THE USA

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800.995.6607 www.liquidhealthinc.com