

Carnipill Plus

Turns Fats Into Energy (ATP)

Benefits:

- ▶ Turns fats into ATP (Energy)
- ▶ Reduces weight and increases energy, thus improving fertility outcome
- ▶ 1 choice for overweight infertile women
- ▶ Significantly improves total sperm motility,
- ▶ Improves progressive sperm motility and sperm morphology.



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 www.bionext.com.pk

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Features of Carnitine Supplements:

- **Fat Metabolism Support:** Carnitine supplements aid in the transportation of fatty acids into the mitochondria, where they are converted into energy, assisting in fat metabolism.
- **Energy Production:** By facilitating the conversion of fat into energy, carnitine supplements can help enhance overall energy levels and endurance.
Exercise Performance: Some studies suggest that carnitine supplementation may improve exercise performance by reducing fatigue and enhancing stamina.
- **Heart Health Support:** Carnitine plays a vital role in heart health by promoting the efficient utilization of fats as an energy source for cardiac muscle.
- **Antioxidant Properties:** Carnitine exhibits antioxidant properties, helping to protect cells from oxidative stress and damage.
- **Neuroprotective Effects:** Research suggests that carnitine supplementation may have neuroprotective effects, supporting brain health and cognitive function.
- **Potential Weight Loss Aid:** While findings are mixed, some studies indicate that carnitine supplements may support weight loss efforts when combined with a healthy diet and exercise routine.
- **Fertility Support:** Carnitine supplements may contribute to male fertility by enhancing sperm motility and overall reproductive health.
- **Safe and Well-Tolerated:** Carnitine supplements are generally safe and well-tolerated when taken as directed. However, it's essential to consult with a healthcare professional before starting any new supplement regimen, especially if you have underlying health conditions or are taking medications.

Side Effects

It is generally considered safe for most individuals when taken at recommended doses. However, some people may experience:

Mild gastrointestinal discomfort-

- Such as nausea or
- Diarrhoea, particularly at higher doses.

Note: If you experience any adverse reactions, discontinue use and consult with a healthcare provider.

Dosage:

Carnipill Plus 1 Gram Tablet- 1-2 tablets daily with a meal

Note: The dose can be increased up to 4 tablets in divided dosage.

Composition:

Each tablet contains:

L-Carnitine L-tartrate (USP).....500mg

Acetyl L-Carnitine (USP).....500mg
(Manufacturer's Specs)

Dosage: As directed by the physician.

Instructions: Store at below 30°C.

Protect from heat, sunlight & moisture.

Keep out of the reach of children.