### Composition

<table>
<thead>
<tr>
<th>Nutritional Information</th>
<th>100ml</th>
<th>15ml</th>
<th>%NRV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ)</td>
<td>0</td>
<td>0</td>
<td>*</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>0</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrates (g)</td>
<td>0</td>
<td>0</td>
<td>*</td>
</tr>
<tr>
<td>Of Which Sugars (g)</td>
<td>0</td>
<td>0</td>
<td>*</td>
</tr>
<tr>
<td>Total Fats (g)</td>
<td>0</td>
<td>0</td>
<td>*</td>
</tr>
<tr>
<td>L-Carnitine (mg)</td>
<td>16500</td>
<td>2500</td>
<td>*</td>
</tr>
<tr>
<td>Vitamin B5 (mg)</td>
<td>66</td>
<td>10</td>
<td>200%</td>
</tr>
</tbody>
</table>

* %Nutrient Reference Values (NRV’s) for individuals 4 years and older (2010)
* - Not established

### Pharmacological Classification:
Category D Medicine. 32.3 – Slimming preparation

### Pharmacological Action:
L-Carnitine plays a role in cellular energy production. L-Carnitine binds to long-chain fatty acids and transports them into the mitochondria where they undergo beta-oxidation into ATP. Vitamin B5 helps to metabolise carbohydrates, fats and proteins.

### Indications:
L-Carnitine Liquid is indicated when a deficiency of the active ingredients exists.

### Contraindications:
If you suffer from any medical condition consult your healthcare practitioner before using this product.

### Special Precautions for Use:
If you are taking any prescription medication, particularly anti-inflammatory medications, consult your healthcare practitioner before using this product.

### Interaction:
If you are taking any prescription medication consult your healthcare practitioner before using this product.

### Pregnancy and Lactation:
Pregnant and breastfeeding women should avoid using this product.

### Dosage and Directions for Use:
Take 1 serving (15ml = 1 tablespoon) once or twice daily. Take one serving in the morning and another serving before or after training. SHAKE WELL BEFORE USE.

### Side Effects and Special Precautions:
Discontinue the use of this product where there is sensitivity towards any of the ingredients.

### Known Symptoms of Overdose and Treatment:
Use only as directed.

### Identification:
Green, Electric watermelon flavoured liquid