

3.2.2.3.7.12 The benefits of carnitine

Carnitine is an amino acid, which has been found to have a wide range of protective effects and health benefits as long as it is consumed in sufficient amounts. Carnitine's protective effects are associated primarily with heart health. It has been shown to be a factor in the protection against heart disease.

One of a number of additional health benefits of carnitine is that it increases fat metabolism. It therefore helps in avoiding obesity, so the claim goes. Obviously, if carnitine can aid in avoiding obesity, it automatically qualifies as a medication against many health problems, which are associated with being overweight.

Carnitine is popular among athletes and body builders as it increases stamina and has been shown to help in developing muscle mass.

We haven't encountered claims that carnitine would be helpful in sexual functions, even though such claims (usually unsubstantiated) are regularly made for any kind of nutritional product as they tend to increase sales.

And please be aware of the following: that carnitine is a healthy amino acid does not mean that one should buy carnitine as supplement capsules. The best source for carnitine is meat. So, do yourself a favor and eat a steak.