

Ranvet's

# L-CARNITINE

## UNLEASH ENERGY FROM FAT



### PERFORMANCE/EXERCISE STRESS & RECOVERY

#### NATURAL, ERGOGENIC AID BENEFICIAL IN INCREASING PERFORMANCE IN THE EQUINE ATHLETE.

##### ACTIVE CONSTITUENTS (PER mL)

L-Carnitine 200mg, D-Panthenol (Vitamin B5) 20mg.

#### Features

- Provides necessary essential amino acid to aid in the effective release of energy derived from fat.
- Enhances the ability of skeletal muscle to oxidise fatty acids.
- Ensures efficient carbohydrate metabolism.
- Helps regulate the production of Acetyl Co-A and prevent possible depletion.
- Ensures peak heart function due to heart muscle being reliant on fats as an energy source.
- Significantly aids L-Carnitine biosynthesis in the liver (as cereal grains and plant materials are very low in available L-Carnitine).

#### Benefits

- Helps to reduce the storage of body fat and the amount of fat in the blood, assisting utilisation of body fats for energy production rather than depleting the more critical energy reserves of glycogen.
- Acts as a buffer, delaying the accumulation of lactic acid in muscle cells and blood when horses are working at maximum exertion.
- Regular supplementation improves maximum work output of muscles in well trained, athletic animals (by improving available energy supply from fats and by delaying onset of lactic acidosis and muscle fatigue).
- Optimises the supplementation of Ranvet Racing Oil to provide sufficient energy for performance.

##### DIRECTIONS FOR USE/CONTRAINDICATIONS

Dietary supplementation should be introduced gradually to avoid digestive disturbance. Training and racing animals have much higher physiological demands for essential nutrients, including L-Carnitine and availability from biosynthesis and/or diet may often be inadequate. This can create a deficiency in energy production.

**Precautionary supplementation** of brood mares during the last trimester of pregnancy and during early lactation is strongly recommended, as this raises milk L-Carnitine levels for the newborn foal.

**IMPORTANT NOTE:** *The availability of L-Carnitine in the diet may limit the amount of energy produced during long term aerobic activity. Supplementation of L-Carnitine has been shown to improve plasma and muscle levels and performance parameters. Additionally, supplementation during and after training may be advantageous, with high fat diets requiring L-Carnitine provision to ensure efficient utilisation of energy.*

*Any function of L-Carnitine during intense exercise may be greater in the horse than other species given the ability to sustain near maximal exercise over several minutes.*

##### DOSAGE RATES

Horses: 10mL three times per week. Due to being water soluble, L-Carnitine must be given regularly for the best ergogenic effect. Many horses may benefit from more regular doses given daily at the same volume, particularly in the 3-4 days prior to an event or race. As a minimum, dosing every second day is advised.

*\*Research has confirmed that best results are obtained from frequent small daily doses, as blood plasma levels are raised rapidly following supplementation. Larger doses administered prior to major events or racing (or twice daily supplementation) may prolong higher blood levels for longer.*

##### PACK SIZE(S)

500g tub.



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