L-Carnitine Deficiency Could Increase the Risk of Conditions

Melissa Scott  August 18, 2017

This fantastic formula is highly potent and pure, and is manufactured in an FDA-approved facility in the United States.

(Newswire.net -- August 18, 2017) Orlando, FL -- The amino acid called carnitine is particularly known for its ability to help the body produce energy. However, there are many known benefits of this natural remedy. It is further worth mentioning that lack of this amino acid in the body could lead to undesirable health consequences.

L-Carnitine deficiency could increase the risk of conditions. According to the University of Illinois in Chicago, carnitine is utilized for transporting long-chain fatty acids to the mitochondria in the cells. These long-chain fatty acids are the main source of metabolic energy in the body.

It is worth mentioning that important vital tissues in the heart as well as major skeletal muscles depend heavily on the proper function of carnitine for their energy. Thus, a low level of carnitine can potentially have serious consequences, such as muscle degradation and heart arrhythmia.

When there is a carnitine deficiency, it could mean that one practices an inadequate intake of carnitine-containing foods. It is important to realize that vegetarians as well as those on fad diets or those who are undernourished are most at risk of being carnitine deficient.

There are people that carry hereditary disorders, which actually make it difficult for them to utilize certain kinds of fat for energy. It is worth mentioning that enzyme deficiencies can actually make the proper metabolism of carnitine difficult. Diarrhea and diuresis as well as conditions that require hemodialysis can also lead to excessive loss of carnitine.

During the early stage of carnitine deficiency, sufferers can struggle with hypoglycemia or excessively low blood sugar. This normally manifests in the form of fatigue, lethargy, irritability, and seizures. It can also affect the gastrointestinal function, which actually leads to stomach upset.

The Linus Paulin Institutes noted that carnitine is essential for muscular function. When there is deficiency of this amino acid, it could lead not just to the breakdown, but also the eventual death of muscles.

It is important to realize that the body has an innate ability to produce its own carnitine. However, when the needs of this amino acid are greater than the natural rate of synthesis, consumers may get it from dietary sources of supplements. This is according to the Office Dietary Supplements.

Some of the sources of carnitine include red meat, milk, cheese, fish, and leafy green vegetables. Consumers may also take into account the use of the Divine Bounty L-Carnitine formula. This fantastic formula is highly potent and pure, and is manufactured in an FDA-approved facility in the United States.

It is even backed with a complete customer satisfaction guarantee.

(www.amazon.com/dp/B06XF7K9MM)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.