Studies Reveal the Effects of L-Carnitine on Exercise Recovery

Melissa Scott  August 18, 2017

To experience the potentially therapeutic benefits of this natural alternative, consumers may want to consider the use of Divine Bounty’s L-Carnitine.

(Newswire.net -- August 18, 2017) Orlando, FL -- There have been clinicians and scientists who suggest that L-Carnitine may be helpful for fat burning. This natural alternative may also provide benefits for individuals who exercise regularly.

Studies reveal the effects of L-Carnitine on exercise recovery. Exercise may be essential for weight loss. While it can be difficult to engage in exercise regularly, many health experts recommend that people should make it a part of their daily lives.

According to some experts, L-Carnitine may potentially help reduce post-exercise stress. It may also lead to a reduction in the formation of free radicals, muscle soreness, and tissue damage after exercise.

L-Carnitine is referred to as a natural, non-toxic nutrient that may be helpful for burning fat for fuel. It is important to remember that deficiencies have long been linked with the impairment of muscle function.

Over 95% of the total carnitine of the body resides in the skeletal muscle. There are several lines of evidence that support the role of carnitine in other processes aside from fat burning.

Carnitine has been found to have antioxidant and vasoactive effects in some studies. It is also thought to aid in boosting one’s ability to recover after exercise.

In a study, it was found that healthy men who took L-Carnitine achieved less accumulation of post-exercise stress markers. The dose was 2g of L-Carnitine for 3 weeks. The improvements included a reduced formation of free radicals. It also led to a reduction in tissue damage and muscle soreness following moderate-intensity squat exercises.

A follow-up study was performed by researchers to validate certain findings as well as determine if ingestion of a smaller dose of L-Carnitine may offer similar effects. In this study, healthy men were made to perform a resistance exercise challenge, which included five sets of squat exercises on three separate occasions.

For three weeks before the test, the subjects consumed either 1g of L-Carnitine per day, 2g per day, or a placebo.

It was found that L-Carnitine supplementation was useful in decreasing the acute response of several biochemical stress markers after resistance exercise. Further, there was also reduced perception of muscle soreness after exercise through L-Carnitine supplementation.

In another experiment, the researchers tried to see the possible effects of L-Carnitine on exercise recovery, and it involved a group of people aged 40 to 65. It was found that L-Carnitine supplementation had beneficial effects on post-exercise markers of muscle disruption, metabolic stress, and muscle soreness in middle-aged men and women.

To experience the potentially therapeutic benefits of this natural alternative, consumers may want to consider the use of Divine Bounty’s L-Carnitine. This formula is highly potent and pure, and is even backed with a 100% customer satisfaction guarantee.

(https://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

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