

Scientists Reveal Some Teenagers Have Chronic Fatigue Syndrome

Melissa Scott May 04, 2018



Divine Bounty L-Carnitine

Divine Bounty L-Carnitine may potentially be helpful for teens who suffer from fatigue. This formula may be an excellent way to experience the therapeutic goodness of L-Carnitine.

([Newswire.net](https://www.newswire.net) -- May 4, 2018) Orlando, FL -- Teenagers are generally energetic compared to other age groups. However, in a recent research, it appears that this may not be exactly true.

The researchers from the University of Bristol (UK) conducted the biggest study about chronic fatigue syndrome (CFS). CFS is also known as myalgic encephalomyelitis (ME). The subjects of the study were 16 year olds. It was found that nearly 2 percent of the subjects had CFS, which lasted for over six months.

Scientists further revealed that nearly 3 percent have chronic fatigue syndrome that lasted over three months. Teens with CFS missed over half a school day every week.

There were 5,756 participants and the researchers found that girls were more susceptible to CFS than boys. They came from families with greater adversity, which includes financial difficulties, poor housing and lack of emotional support.

According to Dr. Esther Crawley, a consultant pediatrician specializing in CFS/ME and the senior author of the report, this is an important study.

It shows that CFS is more common in teenagers than previously thought. The results of the study were not made by the physicians, but were based on the responses to questionnaires.

It is imperative to help teens get all the nutrients they need to stay healthy and energetic. There are actually factors that contribute to the development of fatigue, and one is diet.

Increasing intake of certain healthy foods has long been considered to be extremely beneficial in improving energy. According to some researchers, there are actually nutrients believe to be helpful in increasing energy levels. These nutrients are a better option than to use energy drinks.

In some studies, consumption of energy drinks has been linked with many side effects. It may be best to simply explore what energy-enhancing nutrients are available.

It is important to understand that these therapeutic nutrients are believed to offer health-enhancing, disease-fighting benefits.

One of these is L-Carnitine, which is an amino acid related to B vitamins. Its primary role is to actually aid in transporting fatty acids into the units in the cells that produce energy.

In the mitochondria, they are then converted into energy. It is worth mentioning that the muscles are the major source of energy. Deficiency in this amino acid is believed to lead to chest pain, fatigue, muscle pain, confusion and weakness.

The use of Divine Bounty L-Carnitine may potentially be helpful for teens who suffer from fatigue. This formula may be an excellent way to experience the therapeutic goodness of L-Carnitine.

It is highly potent and pure, and is crafted carefully in an FDA-inspected facility in the United States.

(<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 <http://www.DivineBounty.com>.

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Source: <http://newswire.net/newsroom/pr/00101449-scientists-reveal-some-teenagers-have-chronic-fatigue-syndrome.html>