



Product Data Sheet

max liqui carn

LIQUID CARNITINE CONCENTRATE



Sizes: 16 Fl. Oz. (480 ML), 32 Fl. Oz. (960 ML)

Servings Per Container: 16 oz. - 32, 32 oz. - 64

Max LiquiCarn, by Max Muscle Sports Nutrition (MMSN), provides 1,250 mg of bioactive and fast acting liquid L-carnitine per serving to promote efficient fat burning throughout the day for those wanting to lose weight or optimizing fat as a fuel source for muscle during exercise. L-Carnitine provides benefits for athletes by optimizing performance, delaying the onset of fatigue and improving recovery time. Other applications of the effectiveness L-carnitine include promoting cardiovascular health, brain wellness, healthy aging and male fertility.†

L-Carnitine (β -hydroxy-gamma-trimethylammonium butyrate) is widely distributed in most tissues of the body, but highly concentrated in skeletal and cardiac muscle tissues (97%). Fat and carbohydrates are the primary fuels utilized to meet the energy demands during exercise. Most importantly, L-carnitine is absolutely essential for all fat metabolism to take place in the cells. In terms of function, it plays a critical role in transporting fatty acids into the mitochondria, the “furnace of the cells”, for fat burning to produce energy (technically known as β oxidation). This process also helps prevent fatty acid buildup and fat stores in addition to maintaining healthy blood triglyceride levels. L-Carnitine and its precursors, lysine and methionine, in addition to vitamin C (ascorbic acid), make it possible to increase energy while burning fat. **Max LiquiCarn** will help maintain peak L-carnitine levels in those body tissues having a high demand for energy such as skeletal muscle and cardiac muscle.†

To maximize the fat burning facilitation of L-carnitine, we include important cofactors like vitamin B6 (pyridoxine) and pantothenic acid. As with any weight loss product, **Max LiquiCarn** is specially formulated to work with other weight loss products within the Max Muscle Sports Nutrition and Max Nutraceutical line. Best results are experienced when used with a reduced caloric diet, exercise and behavior modification program.

KEY FEATURES

- Supports Optimal Fat Metabolism and Energy Production†
- Provides 1,250 mg of Bioactive L-Carnitine per Serving
- Efficiently Burns Fat Throughout the Day for Optimal Weight Loss†
- Provides Energy for Muscles During Exercise†
- Fast Acting Liquid

KEY BENEFITS

- L-Carnitine is absolutely essential to transport fatty acids into muscle cells for fat burning (β oxidation). Your body cannot burn fat without carnitine.†
- L-Carnitine is found in high concentrations in those body tissues essential for fatty acid utilization for energy production in skeletal and cardiac muscle cell tissues as a primary source of energy.†
- L-Carnitine provides benefits for athletes by optimizing performance, delaying the onset of fatigue and improving recovery time.
- Max LiquiCarn will help maintain peak L-carnitine levels in those body tissues having a high demand for energy from fats such as skeletal muscle and cardiac muscle.†
- L-Carnitine promotes efficient heart function and is involved in sperm motility.†
- The addition of vitamin B6 (pyridoxine) and pantothenic acid helps assist carnitine to optimize fat and carbohydrate metabolism.†
- Specially formulated to work with other Max Muscle Sports Nutrition and Max Nutraceutical products

Your assurance of quality®

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Supplement Facts

Serving Size: One (1) Tablespoon (Approx 15 ml or 1/2 Fl Oz.)
 Servings Per Container: 32, 64

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from fat	0	
Total Carbohydrate	2 g	<1%
Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Sodium	5 mg	<1%
L-Carnitine (as L-Carnitine Base)	1,250 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Filtered water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Stevia Extract, Potassium Sorbate and Sodium Benzoate (to protect freshness).

Directions: As a dietary supplement, take 1 Tablespoon (approximately 15 ml) 1 to 2 times per day on an empty stomach. Can also be taken 30 minutes before training or as directed by a healthcare professional.

Does Not Contain: Yeast, wheat, soy, gluten, milk, egg, fish/shellfish, peanuts/tree nuts, sugar, starch.

Suitable for vegetarians/vegans.

Allergy Information: Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

TARGET MARKET

Primary: Athletes looking for a non-stimulating liquid carnitine supplement to optimize fat metabolism for weight loss or exercise.

Secondary: Individuals looking to support cardiovascular health.

RECOMMENDED STACK

- Ultra 100
- Any Max Muscle Proteins
- FBX
- Cx3
- Xtinguisher
- Anabol Cuts
- Femme Lean & Balance

Key References

1. Botham K, Mayes PA. Oxidation of fatty acids: Ketogenesis. 27th ed. In: Murray RK, Granner DK, Rodwell VW eds. Harper's Illustrated Biochemistry. New York, NY: Lange Medical Books/McGraw-Hill 2006:187-95.
2. Cha YS. Effects of L-carnitine on obesity, diabetes, and as an ergogenic aid. Asia Pac J Clin Nutr. 2008;17 Suppl 1:306-8.
3. Foster DW. The role of carnitine system in human metabolism. Ann N.Y. Acad Sci. 2004;1033:1-16.
4. Ronnett GV, Kim EK, Landree LE, Tu Y. Fatty acid metabolism as a target for obesity treatment. Physiol Behav. 2005;85:25-35.
5. Karlic H, Lohninger A. Supplementation of L-carnitine in athletes: does it make sense? Nutrition. 2004;20:709-15.
6. Lee MS, Lee HJ, Lee HS, Kim Y. L-carnitine stimulates lipolysis via induction of the lipolytic gene expression and suppression of the adipogenic gene expression in 3T3-L1 adipocytes. J Med Food. 2006 9(4):468-73.
7. Kerner J, Hoppel C. Fatty acid import into mitochondria. Biochim Biophys Acta. 2000;1486(1):1-17.

To report a serious adverse event, contact:

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.