



SCIENCE

Carnitine is a naturally occurring amino acid derivative that plays a vital role in energy production. It is primarily synthesized in the liver and kidneys and stored in muscles, the brain, and the heart. Here's how Carnitine works in the body:

- **Fatty Acid Transport:** Carnitine binds to fatty acids and transports them into the mitochondria, the powerhouse of cells. Once inside, fatty acids undergo beta-oxidation, a process that breaks them down into acetyl-CoA, which enters the Krebs cycle to produce ATP, the energy currency of the cell.
- **Energy Production:** By enhancing fatty acid oxidation, Carnitine ensures that the body efficiently utilizes fat stores for energy, leading to increased stamina and reduced fatigue.
- **Heart and Muscle Health:** Carnitine's role in energy metabolism is crucial for heart and muscle health. It helps maintain optimal heart function by reducing the accumulation of toxic fatty acids in the heart muscle, thereby improving cardiac efficiency.

CARNITINE

BENEFITS

- Boosts Energy Levels
- Enhances Athletic Performance
- Supports Weight Management
- Improves Cognitive Function
- Promotes Healthy Aging
- Reduces Inflammation

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CARNITINE SHOT

SCIENCE

- **Brain Function:** In the brain, Carnitine supports cognitive function and protects neurons from oxidative damage. It enhances the production of acetylcholine, a neurotransmitter involved in learning and memory, thereby improving mental clarity and focus.

SIGNS AND SYMPTOMS OF TESTOSTERONE DEFICIENCY

- **Muscle Weakness and Fatigue:** Individuals with Carnitine deficiency often experience muscle weakness, fatigue, and reduced exercise tolerance due to impaired energy production.
- **Cardiovascular Issues:** Deficiency can lead to cardiomyopathy, characterized by an enlarged heart and weakened cardiac muscles, affecting overall heart function.
- **Hypoglycemia:** Carnitine deficiency can result in low blood sugar levels, leading to symptoms such as dizziness, confusion, and irritability.

CARNITINE CONSIDERATIONS

While **Carnitine** injections are generally safe for most individuals, certain risks and side effects may occur:

- **Allergic Reactions:**
 - Some individuals may experience allergic reactions, including rash, itching, or swelling. Seek immediate medical attention if you notice any severe allergic symptoms.
- **Gastrointestinal Distress:**
 - Mild gastrointestinal issues such as nausea, vomiting, or diarrhea may occur, especially at higher doses.
- **Interactions with Medications:**
 - Carnitine may interact with certain medications, including anticoagulants and thyroid hormones. It is essential to consult with a healthcare provider before starting Carnitine injections.
- **Underlying Health Conditions:**
 - Individuals with pre-existing health conditions, such as liver or kidney disease, should seek medical advice before using Carnitine injections.