AgelessCoach™
AGE STRONG. LIVE LONG.

The Carnitine Checklist

Four steps, every box checkable. Print it and take it to the pharmacy counter.

3 GRAMS A DAY · WHERE SUPPLEMENT SIDE EFFECTS START TO APPEAR

CHECKED AGAINST
NIH OFFICE OF DIETARY SUPPLEMENTS · CARNITINE FACT SHEET · DIETARY SUPPLEMENTS: WHAT YOU NEED TO KNOW

1 START FROM WHAT YOUR BODY ALREADY MAKES

- ○ **Healthy bodies** make all the carnitine they need. It is not an essential nutrient.
- ○ **No daily amount** has ever been set, because there is no gap to close.
- ○ **Food beats capsules:** food carnitine is absorbed far better.

2 CHECK THE TWO CONDITIONS THAT CHANGE THE ANSWER

- ○ **Chronic kidney disease?** High amounts can cause muscle weakness. Ask first.
- ○ **Seizure disorder?** High amounts can raise seizure risk. Ask first.
- ○ **Neither?** You are in the no-need group until a provider says otherwise.

3 HAND YOUR MEDICINE LIST TO THE PHARMACIST

- ○ Medicine 1 _____ · Medicine 2 _____
- ○ Supplement _____ · My reason _____
- ○ Some medicines change carnitine levels. Write it down.

4 PICK ONE FORM AND STOP SWITCHING

- ○ **Form named** on the panel: L-carnitine or acetyl-L-carnitine.
- ○ **Amount per serving printed**, and the serving size checked.
- ○ **Third-party mark** such as NSF or USP on the label.

WHO SHOULD SKIP IT

Chronic kidney disease	SKIP
Seizure disorder	SKIP
Taking any medicine	ASK
No diagnosis	FOOD FIRST

TOO MUCH LOOKS LIKE

Nausea, vomiting, cramps, diarrhoea, and a fishy body odour. Ease back and ask.

BEYOND THE BOTTLE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

YOUR DAILY TARGET *- there is not one*

GROUP	DAILY TARGET
Healthy adults	None set
Healthy children	None set
Older adults	None set
Diagnosed low carnitine	Set by your provider

No recommended daily amount exists: healthy bodies make all they need (NIH ODS). The 3 gram figure above is a side-effect threshold, not a target.

FOOD FIRST *- none of it counts against the threshold*

Red meat	cooked portion	Good source
Poultry	cooked portion	Some
Fish	cooked portion	Some
Milk and dairy	1 cup	Some
Fruit and grains	any portion	Very small

Carnitine in foods has no upper limit at all (NIH ODS).

WHAT IT DOES IN YOUR BODY *- why the label sounds convincing*

- ✓ Helps turn food into usable energy
- ✓ Made by the body, not required from diet
- ✓ Most of it is stored in your muscles
- ✓ Two forms: L-carnitine and acetyl-L-carnitine
- ✓ Absorbed better from food than capsules
- ✓ No recommended daily amount has been set

Carnitine helps turn the food you eat into the energy you need (NIH ODS). That job is already running.