

CARNI-SHOT

ENERGY SUPPLEMENT

225g

150
SERVES

PASSIONFRUIT
STRAWBERRY KIWI
RASPBERRY LEMONADE



- **BOOSTS ENERGY**
- **INCREASES FAT BURNING**
- **IMPROVES MUSCLE CONTRACTION**

L-carnitine is found in different forms in different parts of the body. Carni-Shot provides L-carnitine in the forms that are found in all parts of the body – muscle, heart and brain. The additional ingredients in Carni-Shot support the energy production processes, glucose utilisation and support nerve function for correct muscle contractions.

BIOPERINE® – helps absorption of all active ingredients.

B6 & B5 – essential for turning food into energy, utilisation of fats and carbs for energy as well as making neurotransmitters for carrying signals from one nerve to another

PHOSPHORUS & MAGNESIUM – essential for growth and repair of tissue, including making new proteins, energy production and pH regulation. Magnesium is involved in over 300 processes in the body including the correct function of nerves and muscle contractions and regulation blood glucose.

L-CARNITINE TARTRATE – the most biologically active form of carnitine, found throughout the entire body, particularly in muscle tissue.

L-CARNITINE FUMARATE – helps with improved energy levels and is the form found mostly in the heart, making it important for cardio activity

N-ACETYL-L-CARNITINE – found mostly in the brain and is important to central nervous system function

L-CARNITINE OROTATE – highly soluble form of carnitine associated reducing 'fatty liver' by helping to regenerate new liver cells and also helps improve impaired glucose metabolism. Great for bodybuilders who stress their livers and people who are carb sensitive.

All forms act as carnitine, taking fat into the muscle cells to burn for energy (provides energy & aids fat loss), improving endurance by sparing carbs because it allows fat to be used as the energy source, and also by preventing lactic acid build up. Carnitine is also supposed to help improve sleep, and sperm quality!

FORMULATED SUPPLEMENTARY SPORTS FOOD: This product is not to be used as a sole source of nutrition. It must be used in conjunction with a balanced diet and a suitable physical training or exercise program.

NUTRITION INFORMATION	Per Serving	% Daily Intake* (per serving)	Per 100g
Servings per pack: 150 Serving size: 1.5g			
Energy	4 kJ 1 Cal		288 kJ 69 Cal
Protein	0.0 g		0.0 g
Fat – Total	0.0 g		0.0 g
- Saturated	0.0 g		0.0 g
Carbohydrates – Total	0.2 g		16.0 g
- Sugars	<0.2 g		10.0 g
Sodium	<1 mg		41 mg
Magnesium	11 mg	3%	745 mg
Carnitine			
- L-Carnitine Tartrate	285 mg		19000 mg
- L-Carnitine Fumarate	285 mg		19000 mg
- N-Acetyl L-Carnitine	206 mg		13700 mg
- L-Carnitine Orotate	261 mg		17400 mg
BioPerine® (Piperine)	5.2 mg		344 mg
Thiamine (B1)	0.2 mg	16%	12.7 mg
Riboflavin (B2)	0.3 mg	22%	19.6 mg
Niacin (B3)	1.7 mg	11%	115.4 mg
Pyridoxine (B6)	0.3 mg	22%	18.5 mg
Cyanocobalamin (B12)	0.4 ug	14%	23.1 ug
Biotin	4.3 ug	14%	0.3 ug

All Specified Values are Averages
*Percentage daily intakes are based on an average adult diet of 8700 kJ

DIRECTIONS FOR USE: Take 1.5g (1 Scoop) mixed with 200ml of water 15-20 minutes before training or intense exercise. Also suitable for use during training or added to your post recovery drink.

INGREDIENTS: L-Carnitine Fumarate, L-Carnitine Tartrate, L-Carnitine Orotate, N-Acetyl L-Carnitine, Natural Flavours, Natural Colours (Beetroot Powder, Annatto), Trimagnesium Phosphate, Sweeteners (Sucralose, Erythritol), Food Acid (Citric Acid), BioPerine® Black Pepper Extract 95% Piperine, B Vitamins [Nicotinamide (B3), Riboflavin (B2), Pyridoxine hydrochloride (B6), Thiamine mononitrate (B1), Folic Acid, Biotin, Cyanocobalamin (B12)]

Manufactured in a facility that also manufactures products containing milk, soy and egg.

STORAGE: Re-close lid immediately after use. Store Refrigerated after Opening (to help prevent from going hard).

Not suitable for children under 15 years of age. Not suitable for pregnant women. Should only be used under medical or dietetic advice.

BioPerine®
Helps absorption of active ingredients.
BioPerine® is a trademark of Sabinsa



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