

## L-Carnosine

### DESCRIPTION

L-Carnosine capsules, provided by Douglas Laboratories®, supply 500 mg of pure L-Carnosine.

### FUNCTIONS

L-Carnosine is a naturally occurring dipeptide comprised of the two amino acids, beta alanine and histidine. L-Carnosine is abundant in brain and muscle tissue (including the heart). As a protein, carnosine supports cardiovascular and neurological health through numerous mechanisms closely related to the inhibition of glycation, oxidation, and other physiological processes. † Advanced glycation end products (AGEs) are proteins or lipids that become glycated after exposure to sugars, and can be a result of the normal aging process. The presence of AGEs in various cell types can affect extracellular and intracellular structure and function. This dipeptide may suppress the formation of advanced glycation end products (AGEs). † -In addition to its antioxidant properties, carnosine may participate in the regulation of enzyme activity and assist with the binding of heavy metals in the body. † Carnosine also assists in the pH regulation of lactic acid in the muscles during intense exercise, thereby supporting exercise performance. †

### INDICATIONS

L-Carnosine may be a useful dietary adjunct for people who wish to supplement with this naturally occurring dipeptide.

### FORMULA (#98731)

Each capsule contains:

L-Carnosine ..... 500 mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on L-Carnosine visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

Manufactured by  
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