

## L-Carnitine for Fat Loss

Fat burners. Thermogenics. Crash diets. These are just a few of the terms that come to mind when people contemplate their fat loss plan. First and foremost, a healthy eating regimen should be your basis for fat loss, but let's assume you are already eating a "clean" diet and you're beginning to add fat loss supplements to help you along the way. L-carnitine for fat loss is one of my key weapons in the battle.

Carnitine is found in red meat, chicken, fish, and even vegetables. The highest naturally occurring concentrations of carnitine are in meats, while relatively low doses are found in vegetables. This makes carnitine supplementation even more important for vegetarians and those who avoid eating red meat, specifically.

Carnitine is a "conditionally essential" amino acid. This means that your body can manufacture it on its own, but under intense periods of stress (i.e. working out, your job, your kids, etc.) carnitine cannot be made in sufficient quantities and therefore must be supplemented.

Supplementing with L-carnitine can benefit:

- Improved energy production
- Decrease in body fat
- Spares muscle during strict dieting
- Muscles become more resistant to fatigue
- Enhances cardiac performance
- Stimulant-free fat loss

Carnitine works by transporting fatty acids from adipose tissue into the bloodstream, which is then carried into the mitochondria of cells, where it is then burned as energy. In short, carnitine makes your body use fat as energy and this leads to fat loss. Using fat for energy helps to spare lean muscle while dieting, as well as preserve muscle glycogen so you can power through tough workouts and have more energy throughout the day.

There are some guidelines you must follow when supplementing with L-carnitine for fat loss. First, not just any dosage will work. Studies show that a minimum daily dose of 1000mg to 1200mg of supplemental carnitine will aid in fat loss. I have had much success using these high doses of carnitine three times per day. That is not a typo. While dieting for bodybuilding contests, I've used 3000mg to 3600mg of carnitine daily (and more) with no negative side effects. Carnitine played a crucial role in my being able to retain my muscle mass while shedding body fat during this intense contest diet.

Second, L-carnitine breaks down very rapidly in water. If you take a tablet of carnitine and place it on the table overnight, when you get it the next morning it will look brittle and crumbly. The carnitine molecules degraded very rapidly from this exposure, and eventually this will render them ineffective. If that is just from one night of exposure to moisture in the air, imagine what happens if your carnitine is sitting in water for days or weeks!

For a really effective fat loss combination, try combining L-carnitine with some type of thermogenic (fat burner). You are getting the increase in calorie burning from the thermogenic, which is cranking up your metabolism, but then you have the benefit of carnitine, which is shifting your body's fuel source to fat. With this combo, you are sparing your hard-earned muscle mass all while cutting down on your unwanted body fat. It's a win-win situation!

If you happen to come across acetyl L-carnitine, do not confuse this form with its L-carnitine form. Acetyl L-carnitine is not nearly as effective as L-carnitine for fat loss. The acetyl form is ideal for mental clarity and focus because of its own specific attributes. So if you're looking for a carnitine supplement to aid with fat loss, then acetyl L-carnitine is not the route you want to go down.

Carnitine is by far one of my favorite fat loss supplements (and an overall favorite nutritional supplement). Whether you are looking to lose fat, retain your lean muscle, or even keep your heart functioning at its top level, L-carnitine for fat loss is a convenient, healthy and safe, supplement that will help you reach your goals.

## About the Author

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Tim Mielke has been involved in the supplement industry for over 15 years, is a former competitive bodybuilder, personal trainer, published author and article contributor for [www.i-supplements.com](http://www.i-supplements.com). His book "The Book of Supplement Secrets: A Beginner's Guide to Nutritional Supplements" was recently published and is currently available through amazon.com and barnesandnoble.com.

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