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We felt that this presentation gave a great outline on the benefits of carnitine without any modifications needing to be done to it.

We hope you enjoy this gem from the archives



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Carnitine & Fat Loss

Strength Sensei

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Definition

Carnitine

Amino acid composite that is made from lysine and methionine.



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1. Transport of Fat into Cells

- Improves Shuttle mechanism
 - Upregulates enzymes



2. Omega 3 s increase metabolic rate

Ups Carnitine use by cell.

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- 1 g Carnitine : 3 g Omega 3
- 2.4 g Carnitine/sitting



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3. No need for carbs

As long as Omega 3's are up.



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4. Lowers visceral fat

Lowers oxidized LDL,
triglycerides, NAFLD and
atherosclerosis



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5. Improves Aerobic Performance

2 g of carnitine + 80 grams of carbs

increases baseline performance in

triathlon by 11%



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6. Improves Work Capacity

- Minimizes accumulation of hydrogen ions
- Reduces lactate accumulation
- Higher work capacity with lower RPE



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7. Enhances Recovery

- Reduced muscle tissue damage
- Increased IGFBP-3 levels



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7. Enhances Recovery

- Greater number of intact androgen receptor sites
- Increase in the resting content of the androgen receptors that bind with testosterone
 - Indicates a better anabolic environment



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10. Counters Cachexia or Wasting Disease

- Improved their lean mass
- Increased energy metabolism
- Decreased cholesterol levels



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