

Benefits of Acetyl L Carnetine - Learn about Optimal Nutrition

Acetyl L Carnetine helps to carry fatty acids into the mitochondria cells. It is an amino acid that naturally occurs in the body, in the inner membrane of the mitochondria. Its structure is similar to that of acetylcholine (a neuron transmitter that helps the brain to function normally, especially memory). ACL is needed to produce acetylcholine. Some sources of ACL are meat, poultry, fish, and dairy products. ALC is used in the treatment of such conditions as Alzheimer's disease, age related memory loss, and senile depression. Downs Syndrome, alcohol related cognitive skill problems, and cerebro-vascular insufficiency after a stroke, may also be treated with ALC supplementation because it increases the blood flow. Other problems that can be treated with ALC include, peripheral neuropathies including, diabetic neuropathy, neuropathy caused by anti-viral drugs that are used in the treatment of AIDS, as well as facial paralysis, male infertility (ACL can increase sperm motility when added to a specimen), and Peyronies Disease. It can also treat Chronic Fatigue Syndrome (CFS) by helping combat extreme fatigue and depression. ALC levels are reduced in the aging process. Some possible benefits in this area include the slowing down of the progression of Alzheimer's and dementia. This is done by the strengthening of memory and cognitive functions. ALC is even more effective when it is mixed with phosphatidylserine (PS). It is also more effective when it is taken with alpha lipoic acid. They support ACL's functioning. A deficiency of ALC can occur in certain individuals. In premature babies, a deficiency occurs when fed with a soy-based formula. Since the sources of ALC are mostly in meats and fish, vegetarians may want to use a supplement because they will likely not be getting enough ALC. Also, there are some hereditary conditions that could reduce or prevent ALC from being used by the body. Deficiencies may play apart in the occurrence of Alzheimer's to intensify and trigger seizures, or increase the frequency and severity of them. There are no known reports of toxicity. Some side effects include mild nausea, abdominal, cramping, and diarrhea. If these symptoms occur or get worse, contact your doctor immediately. Acetyl L Carnetine is one of many supplements that may be used in supplements created by Xtend-life Natural Products. It is a New Zealand based company that produces a wide variety of nutritional supplements. Their signature product is Total Balance, an all in one supplement capsule that contains over 70 needed nutrients in itself. There are three Total Balance Formulas- one for men, one for women, and a unisex formula. The development of Xtend- lifes supplements are overseen by a scientist. They are also manufactured under the world's strictest standards for the making of dietary supplements - pharmaceutical GMP compliance. Every batch of supplements made by Xtend-life is given a certificate of analysis - COA. This guarantees the potency of every batch. To further ensure the best quality supplements, only standardized herbal extracts are used, because this is where the herbs active ingredients are found. Customers report satisfaction with the supplements, stating they feel results almost immediately, and timely delivery and reasonable shipping costs are part of their satisfaction. Customer service response, and knowledge, is reported to be the best in the industry.

About the Author

Eat Right with meal planning tools, healthy recipes, an online food log, and the latest nutrition information and weight.

Source: <http://www.productsherbal.com>