

L-Carnitine: Scientific review on benefits weight loss/fat burning, side effects, and more

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L-Carnitine and ALCAR are two related compounds used for a variety of purposes, including boosting exercise performance and improving cognition and depression. L-Carnitine is often used for [fat loss](#), but evidence doesn't support this indication.

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Primary Information, Benefits, Effects, and Important Facts

L-Carnitine and the related compound Acetyl-L-Carnitine (ALCAR) are compounds able to alleviate the effects of aging and disease on mitochondria, while increasing the mitochondria's potential to burn fat.

ALCAR is often used as a brain booster, due to its ability to increase alertness and mitochondrial capacity while providing support for the neurons.

ALCAR has been shown to be very effective at alleviating the side effects of aging, like neurological decline and chronic fatigue. ALCAR supplementation is also a very safe method of improving insulin sensitivity and blood vessel health, particularly for people with delicate or weakened cardiac health. ALCAR can also protect neurons and repair certain damage, such as that caused by diabetes and diabetic neuropathy.

Theoretically, ALCAR supplementation for fat burning should work well, but studies on ALCAR in isolation do not show very good results. [Fat loss](#) is typically attributed to the increased activity done by people, from the increased energy they have from ALCAR supplementation.