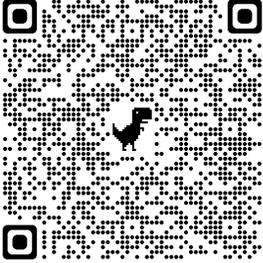
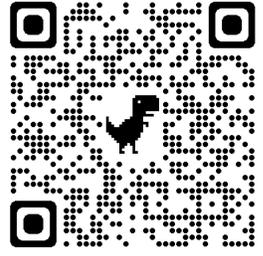


Energy & Metabolism evidence

	<p>The effect of (L-)carnitine on weight loss in adults: a systematic review and meta-analysis of randomized controlled trials</p> <p>We conclude that receiving the carnitine resulted in weight loss. Using multiple-treatments meta-analysis of the drugs and non-pharmacotherapy options seem to be insightful areas for research.</p>
	<p>Carnitine and acylcarnitines: pharmacokinetic, pharmacological and clinical aspects</p>
	<p>Orlistat and L-carnitine compared to orlistat alone on insulin resistance in obese diabetic patients</p> <p>We can safely conclude that the association of orlistat plus L-carnitine was better than orlistat in improving body weight, glycemic and lipid profile, insulin resistance, and inflammatory parameters and no significant adverse events were recorded.</p>
	<p>Integrative health check reveals suboptimal levels in a number of vital biomarkers</p>

	<p>Methionine metabolism and methyltransferases in the regulation of aging and lifespan extension across species</p>
	<p>"Vitamin B12 Fact Sheet for Health Professionals", National Institutes of Health.</p>