



PRODUCT DATA SHEET

LIQUICARN

BIOACTIVE **LIQUID CARNITINE CONCENTRATE**



Size: 32 FL OZ (946 ML) | Serving Size: One (1) Tablespoon | Servings Per Container: 64

Flavors: Fruit Punch, Lemon Lime, Orange Fizz

Helps Burn Fat† • Accelerates Metabolism† • Increases Energy†

LIQUICARN, by MM Nutrition, provides 1,250 mg of bioactive and fast acting liquid L-Carnitine per serving to promote efficient fat burning throughout the day for those wanting to lose weight or optimizing fat as a fuel source for muscle during exercise. L-Carnitine provides benefits for athletes by optimizing performance, delaying the onset of fatigue and improving recovery time. Other applications of the effectiveness of L-Carnitine include promoting cardiovascular health, brain wellness, healthy aging and male fertility.†

L-Carnitine (β -hydroxy-gamma-trimethylammonium butyrate) is widely distributed in most tissues of the body, but highly concentrated in skeletal and cardiac muscle tissues (97%). Fat and carbohydrates are the primary fuels utilized to meet the energy demands during exercise. Most importantly, L-Carnitine is absolutely essential for all fat metabolism to take place in the cells. In terms of function, it plays a critical role in transporting fatty acids into the mitochondria, the “furnace of the cells”, for fat burning to produce energy (technically known as β oxidation). This process also helps prevent fatty acid buildup and fat stores in addition to maintaining healthy blood triglyceride levels. L-Carnitine and its precursors, lysine and methionine, in addition to vitamin C (ascorbic acid), make it possible to increase energy while burning fat. **LIQUICARN** may help maintain peak L-Carnitine levels in those body tissues having a high demand for energy such as skeletal muscle and cardiac muscle.†

To maximize the fat burning facilitation of L-Carnitine, we include important cofactors like vitamin B6 (pyridoxine) and pantothenic acid. As with any weight loss product, **LIQUICARN** is specially formulated to work with other weight loss products within the MM Nutrition and Max Nutraceutical line. Best results are experienced when used with a reduced calorie diet, exercise and behavior modification program.

KEY FEATURES

- Supports Optimal Fat Metabolism and Energy Production†
- Provides 1,250 mg of Bioactive L-Carnitine per Serving
- Efficiently Burns Fat Throughout the Day for Optimal Weight Loss†
- Provides Energy for Muscles During Exercise†
- Fast Acting Liquid

KEY MESSAGES

- L-Carnitine is absolutely essential to transport fatty acids into muscle cells for fat burning (β oxidation). Your body cannot burn fat without carnitine.†
- L-Carnitine is found in high concentrations in those body tissues essential for fatty acid utilization for energy production in skeletal and cardiac muscle cell tissues as a primary source of energy.†
- L-Carnitine provides benefits for athletes by optimizing performance, delaying the onset of fatigue and improving recovery time.
- Max LiquiCam will help maintain peak L-carnitine levels in those body tissues having a high demand for energy from fats such as skeletal muscle and cardiac muscle.†
- L-Carnitine promotes efficient heart function and is involved in sperm motility.†
- The addition of vitamin B6 (pyridoxine) and pantothenic acid helps assist carnitine to optimize fat and carbohydrate metabolism.†
- Specially formulated to work with other Max Muscle Sports Nutrition and Max Nutraceutical products

(cont'd on p.2)

YOUR ASSURANCE OF QUALITY®



MANUFACTURED IN THE USA USING DOMESTIC & INTERNATIONAL INGREDIENTS

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PRODUCT DATA SHEET

P.2

Size: 32 FL OZ (946 ML) | Serving Size: One (1) Tablespoon | Servings Per Container: 64

Flavors: Fruit Punch, Lemon Lime, Orange Fizz

Supplement Facts

Serving Size: One (1) Tablespoon (Approx 15 ml or 1/2 fl oz.)

Servings Per Container: 64

	Amount Per Serving	% DV*
Calories	15	
Calories from Fat	0	
Total Carbohydrate	2 g	<1%
Sugars	0 g	**
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Sodium	5 mg	<1%
L-Carnitine (as L-Carnitine Base)	1,250 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Directions: As a dietary supplement, take 1 Tablespoon (approximately 15 ml) 1 to 2 times per day on an empty stomach. Can also be taken 30 minutes before training or as directed by a healthcare professional.

Other Ingredients (Fruit Punch): Purified Water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Stevia Extract, Potassium Sorbate and Sodium Benzoate (to protect freshness).

Other Ingredients (Lemon Lime): Purified Water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Stevia Extract, Potassium Sorbate and Sodium Benzoate (to protect freshness).

Other Ingredients (Orange Fizz): Purified Water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Stevia Extract, Potassium Sorbate and Sodium Benzoate (to protect freshness).
Suitable for vegetarians/vegans.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before using this product if you have a medical condition or taking any medications. Drink at least 2 liters of water daily when using this product.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

TARGET MARKET

Primary: Athletes looking for a non-stimulating liquid carnitine supplement to optimize fat metabolism for weight loss or exercise.

Secondary: Individuals looking to support cardiovascular health.

RECOMMENDED STACK

- Any Max Muscle Proteins
- CX3
- CLA
- Cleanse & Lean
- LipoRed

KEY REFERENCES

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3. Foster DW. The role of carnitine system in human metabolism. Ann N.Y. Acad Sci. 2004;1033:1-16.
4. Ronnett GV, Kim EK, Landree LE, Tu Y. Fatty acid metabolism as a target for obesity treatment. Physiol Behav. 2005;85:25-35.
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6. Lee MS, Lee HJ, Lee HS, Kim Y. L-carnitine stimulates lipolysis via induction of the lipolytic gene expression and suppression of the adipogenic gene expression in 3T3-L1 adipocytes. J Med Food. 2006 9(4):468-73.
7. Kerner J, Hoppel C. Fatty acid import into mitochondria. Biochim Biophys Acta. 2000;1486(1):1-17.

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