



Anti-Fatigue Complex

What Is It?

Anti-Fatigue Complex is designed to promote mental clarity, energy metabolism, immune support and antioxidant defense to relieve occasional mental and physical fatigue.*

Uses For Anti-Fatigue Complex

Cognitive Support: The role of acetyl-l-carnitine in neurotransmitter function accounts for its ability to relieve mental fatigue, promote memory, support mental clarity and promote emotional well-being. In an exploratory open label, randomized study, acetyl-l-carnitine supplementation demonstrated statistically significant beneficial support for mental fatigue. The antioxidant alpha lipoic acid also promotes cognitive function and nerve health, in part through its free radical scavenging abilities.*

Energy Production: Ashwagandha is highly revered for promoting energy, vitality and immune defense according to traditional use. In animal models of fatigue, it helps stimulate antioxidant defenses. N-acetyl-cysteine (NAC), alpha lipoic acid and selenium also help diminish the impact of oxidative stress in fatigue, in part by supporting glutathione production. Furthermore, they play an important role in mitochondrial function and protection. Carnitine, from acetyl-l-carnitine, is also critical for energy production, acting to transport fatty acids into the mitochondria for beta-oxidation. Malic acid further promotes energy production by enhancing ATP synthesis, which is essential for proper muscle function. Magnesium plays a key role in cellular energy metabolism. Nutrients like zinc and vitamin D are additional cofactors that may support individuals experiencing occasional fatigue.*

What Is The Source?

Vitamin D₃ is derived from lanolin. Magnesium, zinc and selenium are derived from earthen ore. Citrate is derived from corn dextrose fermentation. Acetyl-l-carnitine, n-acetyl-l-cysteine, alpha lipoic acid, malic acid and

picolinate are synthetically derived. Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 5% withanolides. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 4 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

In rare cases, acetyl-l-carnitine or alpha lipoic acid have caused gastrointestinal upset or skin rash. N-acetyl-l-cysteine has been associated with headache, dry mouth, itching and dizziness. Not to be taken by pregnant or lactating women.

Are There Any Potential Drug Interactions?

Acetyl-l-carnitine may be contraindicated with blood thinning medications. Ashwagandha is not recommended for individuals taking benzodiazepines, CNS depressants, or immunosuppressant medications. Consult your physician for more information.

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four vegetable capsules contain



acetyl-l-carnitine (free-form).....	1,000 mg.
malic acid.....	900 mg.
alpha lipoic acid (thioctic acid)	100 mg.
ashwagandha (<i>Withania somnifera</i>) extract (root)	200 mg.
(standardized to contain 5% withanolides)	
n-acetyl-l-cysteine (free-form)	200 mg.
vitamin D ₃	400 i.u.
magnesium (citrate).....	100 mg.
zinc (picolinate).....	25 mg.
selenium (selenomethionine).....	100 mcg.
vitamin C (as ascorbyl palmitate).....	80 mg.

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

For educational purposes only. Consult your physician for any health problems.