



The Carnitine Defense: An All-Natural Nutraceutical Formula to Prevent Heart Disease, Control Diabetes and Help You Stay Healthy

Dr. Steven DeFelice

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Carnitine - an important nutraceutical - increases the body's use of fats as an energy source, preventing fatty build-up in the heart, liver and muscles. It also reduces the health risks posed by poor metabolism. This work examines seven natural substances that can aid the cardiovascular system.

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