

# PRODUCT INFORMATION



## ALCA FUEL

### 100% ACETYL L-CARNITINE POWDER

#### BASIC FUNCTIONS

Fat metabolism, cognitive functions (ie reflex's and co-ordination), vigilance, fatloss, mind/muscle connection.

Gen Tec Nutrition's "ALCA Fuel" is 100% pure Acetyl L- Carnitine powder. Acetyl L- Carnitine is a powerful amino acid food which has been shown to stimulate the body's ability to burn body fat for fuel especially when taken before cardio vascular exercise.

Acetyl L-Carnitine also enhances brain function and improves concentration. Clinical trials have shown Acetyl L-Carnitine to improve nerve conduction and velocity, thereby improving reflexes and co-ordination.

Acetyl L-Carnitine slows deterioration of the central nervous system even in Alzheimer's when administered early in diagnosis.

Acetyl L-Carnitine supplementation may also accelerate nerve re-generation after surgery.

#### PERSONAL NOTE

Combined with John O'Neil's ADVANCE Co-Enzyme Q10. Acetyl L-Carnitine helps relieve my fatigue in Chronic Fatigue Syndrome .... Nick Jones.

#### SUGGESTED USED

**For Fat Loss** Use 1 level teaspoon (2 grams) 10-20 mins before cardio upon rising (use with 10ml Ultimate Thermo Fuel).

**For Athletic Performance** (ie weight lifters, boxers, bodybuilders etc) Use 1 level teaspoon (2 grams) 20 mins before training or event.

#### TIPS

##### **For endurance athletes and to help reduce fatigue**

Use with 200mg "Advance Nutrition Co-Enzyme Q10.

**For Fat Loss** use with 10ml Ultimate Thermo Fuel.

Available in 50g, 150g.



*100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!*

*Nick Jones, Mr Australasia, Mr Australia, Mr World*

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