

translated from original Russian instructions by Extrapharmacy Online Store

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Active substance : Levocarnitin (L-Carnitine)

Pharmacologic action

L-Carnitine is a natural compound, similar to a group B vitamins. It takes a part in metabolism processes as a transport form of long chain fatty acids (palmitic acid and other) from the cytoplasm to mitochondrions, where these acids are beta-oxidated with ay adenosin triphosphate acid and acetyl-CoA formation. It improves a protein and lipid metabolism, increases a secretion and enzymatic activity of gastric and intestinal secrets, imropes a food digestion, decreases an excess of a body weight and decreases a fat content in muscles. It increases a tolerability to physical loads, suppresses a cetoadds formation and an anaerobic glycolysis, decreases a lactic acid acidosis degree, promotes a more effective glycogen use and increases its content in liver and muscles.

L-carnitine has an anabolic and lypolytic action; normalizes an increased basic metabolism (in a case of the hyperthyreosis), is a peripheral (non-direct) antagonist of thyroid hormones, but not a direct inhibitor of a thyroid gland function. It improves a metabolism and energy supply in tissues.

Pharmacokinetics

L-carnitine is absorbed well in intestines; a peak plasma concentration is reached after 3 hours and it stays in the therapeutic interval during 9 hours. The drug easily goes into liver and myocardium, more slowly – into muscles. Is excreted by kidneys, mostly as acyl esthers.

Indications

L-Carnitine is used as a part of complex therapy:

- intensive physical loads and psycho-emotional loads: for a workability and tolerability increase, decrease a fatigue, including elderly patients;
- during the rehabilitation period after diseases and surgical invasions, traumas (including the tissues regeneration acceleration);
- a complex treatment of chronic gastritis and chronic pancreatitis with a decreased secretory function;
- a complex treatment of skin diseases (psoriasis, seborrheic eczema, focal sclerodermia and a discoid form of a systemic lupus erythematosus);
- mild hyperthyreosis;
- neurological manifestations of vascular, traumatic and toxic affection of a brain;
- a nervous anorexia syndrome;
- diseases are accompanied with carnitine deficiency or its increased loss (myopathys, cardiomyopathys, mitochondrial diseases, hereditary diseases with an accompanying mitochondrial insufficiency) – for a replacement a deficiency as a part of a complex therapy;
- in pediatrics (the treatment of children under 3 years is performed under the doctor's observation): treatment of premature infants, infants with a delivery trauma of asphyxia; treatment of children with a weak suction reflex and a small weight gain; treatment of children with a decreased muscular tone, insufficient development of motoric and psychic functions; also for a prevention of these states in children of the “group of the risk”; treatment of children and adolescents under 16 years in cases of a growth delay and a body mass deficiency.
- for adults in a sports medicine and during the intensive training (development of an aerobic performance): for a velocity and power parameters and movements coordination improvement, for a muscles mass gain and a reduction of a fat mass; for a prevention a post-trainig syndrome (acceleration of restorative processes after physical loads), after injuries for muscles regeneration acceleration.

Contraindications

Individual intolerance.

Pregnancy and breast-feeding

There are no data about L-carnitine use in pregnant or lactating women, so it is not recommended to use a drug under these conditions.

Side effects

Allergic reactions are possible, gastralgia, dyspepsy, miasthenia (in patients with an uremia).

Interaction

Glucocorticoids promote an accumulation of L-carnitine in tissues (except the liver), other anabolic medicines potentiate its effect.

Dosing and Administration

L-carnitine is used as a part of a complex therapy, orally, at 30 minutes before meals, diluted by liquid.

Long-lasting physical and psycho-emotional loads: from 0,75 g (1/2 of measurement spoon, or 2,5 ml) 3 times a day to 2,25 g (1,5 of measurement spoon or 7,5 ml) 2-3 times a day.

Nervous anorexia or rehabilitation after diseases, surgical invasions or traumas: 1,5 g (1 measurement spoon or 5 ml) 2 times a day. The treatment duration 1-2 months.

As a part of the complex therapy of chronic gastritis and chronic pancreatitis with a decreased secretory function: 0,375 g (1/4 of measurement spoon or 1,25 ml) 2 times a day. The treatment duration 1-1,5 months.

Skin diseases: 0,75 g (1/2 of measurement spoon or 2,5 ml). The treatment duration 2-4 weeks.

A mild hyperthyreosis: 0,25 g (13 drops) 2-3 times a day. The treatment duration - 20 days. The treatment can be repeated after a interrupt (1-2 months) or the treatment can be performed during 3 months without an interrupt.

Vascular, toxic or traumatic affections of brain: 0,75 g (1/2 of measurement spoon or 2,5 ml) per day. The treatment duration 3-5 days. The treatment can be repeated after 12-14 days breakout, if necessary.

Diseases, accompanied by a carnitine deficiency (primary and secondary carnitine deficiency): up to 50-100 mg/kg (2-5 drops/kg) of body mass, 2-3 times a day. The treatment duration – 3-4 months.

For children L-carnitine has to be given as an additive to sweet foods (kissel, compote, juices). Dose for children under 3 years is determined by a doctor. For children from 3 to 6 years - 0,1 g (5 drops) 2-3 times a day, daily dose 0,2-0,3 g (11-16 drops). The treatment duration - 1 month. For children from 6 to 12 years - 0,2-0,3 g (11-16 drops) 2-3 times a day, daily dose 0,4-0,9 g (22-48 drops). The treatment duration – not less than 1 month.

Growth delay: 0,25 g (13 drops) 2-3 times a day. The treatment duration - 20 days. The treatment can be repeated after 1-2 months breakout, or during 3 months continuously.

In the sports medicine or intensive training: 2,5 g 1-3 times a day (daily dose is 2,5 -7,5 g); if L-carnitine is used for a treatment -70-100 mg/kg/day (5-7,5 g/day). Courses of the treatment: before competitions – 3-4 weeks; during trainings – up to 6-8 weeks.

Overdose

Symptoms: dyspepsy, miasthenic disorders (in patients with an uremia).

Treatment: gastric lavage, use of an activated charcoal.

Manufacturer

PIQ Pharma (Russia)

Reliable supplier

Extrapharmacy Online Store

<http://extrapharmacy.ru>

Storage

The temperature is not above 25 ° C.

Shelf-life of the drug is 3 years.

After the bottle opening keep it in refrigerator not longer than 2 months.

Keep out of the reach of children.