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L carnitina funcion pdf

Background cognition (or cognitive function) is a term used to describe mental skills, including attention, memory, and motives. Supplements and medications are sometimes used by healthy people to try to improve cognitive function and perform better at work or while studying. These supplements and medications are known as cognitive enhancers. L-Carnitine, which is found naturally in the diet, especially in meat but can also be produced in the body, has been suggested as a possible cognitive enhancer. It is sold independently as a dietary supplement and is found in some mixed supplements or energy drinks. In this review, we look for clinical trials in which healthy people taking L-Carnitine have been compared to similar people, such as a dummy pill (placebo). We hoped to learn whether L-Carnitine improves cognitive function and whether it is associated with side effects. Results We found only two tests to be included in the review. One study treated approximately 200 subjects with L-Carnitine or placebo for three days; only 18 subjects were treated with a single dose of L-carnitine alone. Both studies included healthy young people with an average age of about 21 years. The experiments measured different aspects of cognition using different tests. Less experience was only reported as abstract, and there was no usable data, although the authors said they found no evidence of an effect of L-carnitine on cognitive function. Important information is missing from the document describing the other process, but we found no evidence that L-Carnitine had any effect on any of the aspects of cognition that were measured. Only a report of greater experience mentioned the adverse effects of treatment that were described as minor and occurring equally among those who received L-Carnitine and those who received placebo. The quality of the evidence is difficult to properly assess the quality of the tests involved due to poor reporting. We also considered that the studies were too short to deal with our research issue. Due to these factors, we considered that the quality of the evidence was very low. Conclusions given the limited amount of evidence of very low quality, we have not been able to draw any conclusions about the effect of L-Carnitine on cognitive function or its safety in healthy people. Larger, better quality research is needed over a longer period of time to answer our review of the question. Authors' conclusions: Due to the limited number of trials involved, short-term treatment, and inadequate reports, we have not been able to draw any conclusions about the efficacy or safety of L-Carnitine for cognitive enhancement in healthy adults. Well-designed, randomised, placebo-controlled studies of L-Carnitine for cognitive enhancement in cognitively healthy people, with large samples and relatively they are still needed. Read the full abstract... Background: Safe interventions to improve cognitive function in cognitively healthy people would be very valuable for several reasons, including better quality of life and professional success. While L-Carnitine has been reported to improve cognitive function under certain conditions, its efficacy is controversial. Evidence of its efficacy for cognitively healthy people has not been systematically reviewed in advance. Objectives: To evaluate the efficacy and safety of L-Carnitine to improve cognitive function in people without cognitive impairment. Search Strategy: We searched ALOIS, the specialized registry of Cochrane and Cognitive Enhancement group, on November 4, 2016. We've done additional separate searches in several other sources to make sure we've downloaded the most up-to-date results. We also reviewed the bibliography of randomized controlled trials identified and contacted authors and known experts in the field and pharmaceutical companies to identify additional published or unpublished data. Selection criteria: Eligible studies were randomised controlled trials (RCTs) or quasi-RCTs, parallel group or crossover, comparing L-carnitine or its derivatives, acetyl-L-carnitine or propionyl L-carnitine, at each dose and for each treatment length, with placebo or not treatment in cognitively healthy people of any age and both sexes. Data collection and analysis: We used standard methodological procedures expected of Cochrane. Two authors for review selected independent trials and evaluated the methodological quality, after which data from the included tests were extracted and analysed. Main results: Only two RCS are eligible. One was a cross-examination with 18 participants. The other randomised 400 subjects on one of the four treatments, of which two (L-Carnitine and placebo) were relevant for this review, but the exact number of subjects in these two treatment groups was not reported. All the participants were young people. Methodological data were poorly reported and we evaluated different cognitive outcomes in the studies. We can extract cognitive data on approximately 200 participants from one trial. We found no evidence that L-Carnitine has any effect on reaction time, alertness, immediate memory, or delayed recall after three days of treatment. This test report stated that there were a small number of adverse effects, none of which were serious. Little cross-experience also reported no effect of L-Carnitine on cognition, but did not provide data: information on adverse reactions was not provided. We found Ciertamente el cuerpo humano es capaz de generar it nk necesita, entre esto los aminoacidos. when for some reason you do not have levels naturally, science has been a great ally for mankind. Here we will explain how injectable L-Carnitine works to level this substance in your body. Don't stop taking advantage of your benefits! Without apologies to look healthy and rays The liver and kidneys are responsible for the production of L Carnitine. This substance is the key to the balance between fat consumption and burning. This is one of the main reasons why it is so appreciated. Sports and weight loss plans have as a highly recommended supplement. This has a super significant double effect that helps you lose weight and tone. Undoubtedly, its main function goes straight to its weight loss goal. Moreover, it helps that this loss of weight does not turn out to be a sporty relaxed muscle without toning. How Does L-Carnitine Injectable Work? Do you want or need a higher level of this amino acid in your body and are not friends with capsules? Well, read carefully how injectable L Carnitine works and you will see that it will be best. Its effectiveness has been proven and proven in several ways: burning belly fat: when applying localized injections, the result of effective fat burning is achieved. Determination of the abdomen: by injection directly into the area to be treated, tissues are provided with help for tinting. The abdominal musculature is beautiful. Gaining muscle: it's the most in demand after an effect on fitness and sports. Its blister format helps to achieve muscle growth more easily and faster. Fighting stretch marks: This is one of the most used supplements in the field of sports, but cosmetics also welcomes you attribution of anti-stress properties. Any side effects? There are sensations that will feel immediately when the injection is given and which are considered normal. Reddening of the skin, burning sensation, more sweat and even euphoria are expected. So you need to be vigilant, especially the first few times, this is with a possible mentation. Be careful how your body reacts to L-carnitine absorption. The use given to it so far has not reported significant side effects or that have alerted it. Monitoring how injectable L-Carnitine works only accountable benefits. However, since each drug should be used correctly. It is about providing the body with the indicated dosages to achieve positive effects. Diarrhea is a significant side effect that has been proven. This has been reported by people who, in their readiness to get immediate benefits, have exceeded the dosage. The recommendation is to avoid doses so high that they exceed 5 grams per day. Its use correctly will have spectacular physical and aesthetic effects. Other interesting articles Health for You May Be: How Does G Protein Work? How does Alter G work? G?

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