

## Health House

C/- Zealand Publishing House Limited  
Private Bag 12029, 61 Maleme Street,  
Tauranga 3112, New Zealand.

To reorder, freephone 0800 140 141

**Carnitine** is a natural nutrient found in red meat. It's role in the body is to transport stored body fat to the cells to be burned for heat and energy. It burns extra calories even as you sleep. The fumarate also assists with the energy conversion process, making L-Cartinine fumarate an excellent weight management supplement.

Always read the label and use only as directed. Supplements should not replace a balanced diet. Weight Management programmes should be used in conjunction with a balanced diet and exercise, and take time and personal commitment to be successful. Individual results may vary.



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Made by: Zealand Health Manufacturing Ltd (ZHM)  
61 Maleme St, Tauranga 3112, New Zealand

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# Health House

# Carnitine

Convert fat into energy

60 capsules

DIETARY SUPPLEMENT



Average per capsule at time of manufacture

Ingredients	Weight	Active
L-Carnitine fumarate	600mg	
Carnitine		348mg
Fumarate		252mg

### Directions Adults:

For Weight management: 3 to 5 capsules a day in the morning on an empty stomach.

For Health maintenance: 1 to 2 capsule a day in the morning on an empty stomach.

### Storage:

Keep away from children, store in a dry place and keep sealed after opening.

Taking this product later in the day may delay you getting to sleep.

[www.healthhouse.co.nz](http://www.healthhouse.co.nz)

Made in New Zealand