
Subject: Acetyl-L-Carnitin doch gut :-)

Posted by [Alex1](#) on Tue, 18 Jul 2006 20:32:12 GMT

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Acetyl L-Carnitine (ALC) can help normalize thyroid function and modulate stress hormones like cortisol. Under stress ALC can act as a buffer to stress, act as a catalyst to neurotransmitters, improve mood and has been shown to out perform testosterone in males suffering from loss of libido.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&amdb=pubmed&dopt=Abstract&list_uids=15072869&query_hl=12&itool=pubmed_docsum

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