

[Open Peer Review on Qeios](#)

L-Carnitine L-Tartrate

National Cancer Institute

Source

National Cancer Institute. *L-Carnitine L-Tartrate*. NCI Thesaurus. Code C80057.

A dietary supplement containing the levo-enantiomers of carnitine and tartrate with potential chemoprotective and antioxidant activities. L-carnitine L-tartrate increases fatty acid oxidation and reduces purine catabolism and free radical formation, which may prevent exercise fatigue, muscle weakness, chemotherapy-induced peripheral neuropathy, and hyperlipoproteinemia. L-carnitine, the biologically active form of carnitine, is a carrier molecule that transports activated long-chain fatty acids (LCFAs) from the cytosol to mitochondria where fatty acids are oxidized, resulting in ATP production. L-tartrate, a salt of tartaric acid, is a potent antioxidant.