## ALC (Acetyl L-Carnitine 3000 mg) — The Research So Far

ALC provides a higher dose of Acetyl-L-Carnitine on its own, without CoQ10, for people who want more concentrated support for the same mitochondrial and nerve-related pathways described in the ALC-Q10 whitepaper.

### What Human Research Has Looked At

- Peripheral neuropathic pain, including diabetic neuropathy
- Depressive symptoms — several trials and reviews report a reduction in symptoms comparable, in some analyses, to standard treatments, though study quality varies
- Mild cognitive impairment and early-stage Alzheimer's disease — older pooled analyses reported modest benefits, but more recent reviews note the evidence is inconsistent and the role of ALCAR in dementia care remains debated
- Male fertility measures such as sperm motility and concentration
- Ammonia levels and fatigue in liver disease (hepatic encephalopathy) — one Cochrane review found ALCAR lowered blood ammonia but rated the evidence on fatigue as inconsistent

The consistent theme across independent reviewers is that ALCAR's core biological role — helping shuttle fatty acids into mitochondria for energy production — is well established, but that this mechanism does not automatically translate into a guaranteed or uniform benefit for every person or every condition it has been studied in.

### What the Research Does Not Show

- That ALC cures depression, neuropathy, or dementia
- That ALC reverses cognitive decline
- That ALC produces major or guaranteed weight loss
- That ALC replaces prescribed treatment for diabetes, depression, or liver disease

### Safety Notes

Acetyl-L-Carnitine is generally well tolerated at the doses used in published trials. As with any supplement, avoid use during pregnancy and breastfeeding, and speak with a doctor before starting it if you take medication for depression, diabetes, or liver disease.

*Research disclaimer: The information on this website is provided for educational purposes and is not intended to diagnose, treat, cure or prevent any disease. Research findings discussed on this website may vary by population, formulation, dosage and study design. Speak with a qualified healthcare professional before using supplements, particularly if you have a medical condition, are pregnant or breastfeeding, or take medication.*