

Toronto Functional Medicine Centre Is Offering IV Therapy with Carnitine in Toronto

February 25, 2023

TORONTO, ON - February 25, 2023 -
Toronto Functional Medicine Centre has published a blog post sharing how carnitine supplementation may support its patients? optimal health. Along with educating its readers, the clinic is also providing patients with IV therapy in Toronto with carnitine, at its IV Lounge.

Carnitine is an amino acid derivative that stimulates cellular functioning in the body. It is composed of several compounds including L-carnitine, acetyl-L-carnitine, D-carnitine, and propionyl-L-carnitine. The presence of the amino acid is crucial for improved brain function, cardiovascular health, muscle health, and more. The National Institutes of Health summarizes the mechanism with which carnitine works in the body by saying, ?It transports long-chain fatty acids into the mitochondria so they can be oxidized (burned) to produce energy, all while preventing toxicities from building up.?

Consequently, several studies have examined the possible health benefits of carnitine. One study from the Journal of Pakistan Medical Association investigated its contribution to improving fertility. The study looked at

the sperm quality of 61 adult males and found that carnitine levels in the blood were drastically low in infertile males compared to fertile subjects.

Another study found that carnitine is a key ingredient for diabetes management. The finding was explained in an article from the Journal of the American Nutrition Association which said that L-carnitine IV infusion therapy improved insulin activity and boosted sugar uptake because glucose oxidation increases during L-carnitine administration.

The American Journal of Clinical Nutrition also noted the effect that carnitine could have on cellular energy metabolism and, therefore, mobility, mental health, and endurance among the elderly. The quote from the journal says, ?Our study indicates that oral administration of [L-carnitine] produces a reduction of total fat mass, increases total muscular mass, and facilitates an increased capacity for physical and cognitive activity by reducing fatigue and improving cognitive functions.?

Some studies, which were focused on athletes and the application of carnitine supplements in sports, found that they may aid in promoting physical performance and endurance. One study of professional footballers found that running speeds were enhanced when the dosages of L-carnitine increased, and participants also experienced lowered heart rates.

An article from Molecular and Clinical Oncology noted that cancer patients on chemotherapy tend to experience L-carnitine shortcomings, resulting in excessive fatigue. By introducing patients undergoing chemotherapy to carnitine supplements, one study found that it ?maintained the plasma levels of albumin and lymphocyte counts during chemotherapy and enabled patients to continue chemotherapy sequentially without dose reduction.?

While most people can create carnitine in their bodies, a certain portion of the population suffers from genetic defects and other health conditions that prevent them from doing so. Then, for such patients, supplementation may be necessary for optimal functioning. Carnitine is mostly found in animal meats and dairy products including ground beef, chicken breast, codfish, and cheddar cheese, and in trace amounts in vegetables and grains. For patients who opt for supplements, carnitine is available in liquid and capsule forms. However, these can cause side effects such as nausea, heartburn, or diarrhea.

Toronto Functional Medicine Centre offers another treatment option for those who want to correct the malabsorption of carnitine in the body. The clinic?s intravenous therapy/IV therapy may help patients address nutritional deficiencies, increase blood cell production, and also help with heightening energy levels. By creating a mixture of nutrients, including carnitine, that is aimed specifically at addressing the health issues of a single patient, they can customize treatments. Some of the common beneficial ingredients include high-dose vitamin C, mistletoe, glutathione, glutamic acid, major antioxidants such as alpha lipoic acid, a

medley of amino acids, and more.

Readers can find out more about the therapies offered at their IV Lounge, such as IV therapy with Calcium in Toronto, by visiting its website. The Toronto Functional Medicine Centre serves as a clinic in Toronto, Ontario, Canada, that employs integrative functional medicine therapies such as naturopathic medicine, acupuncture, IV therapy, allopathic medicine and more, to elevate their patients' health. These therapies may help with: athletic recovery, cellular damage, tissue repair, infertility, chronic fatigue, DNA repair, immune function, mineral deficiencies, thyroid conditions, adrenal function, skin rejuvenation, and others. Interested parties may contact them through the phone at (416) 968-6961, or via email at info@tfm.care.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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