

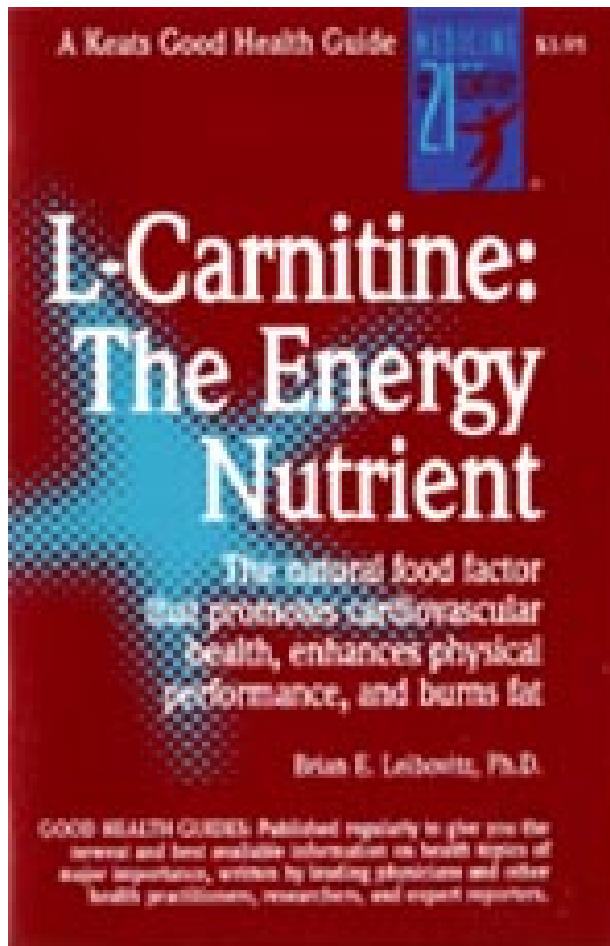
Carnitine: The Science Behind a Conditionally Essential Nutrient

**National Center for Complementary and
Alternative Medicine
NIH, DHHS**

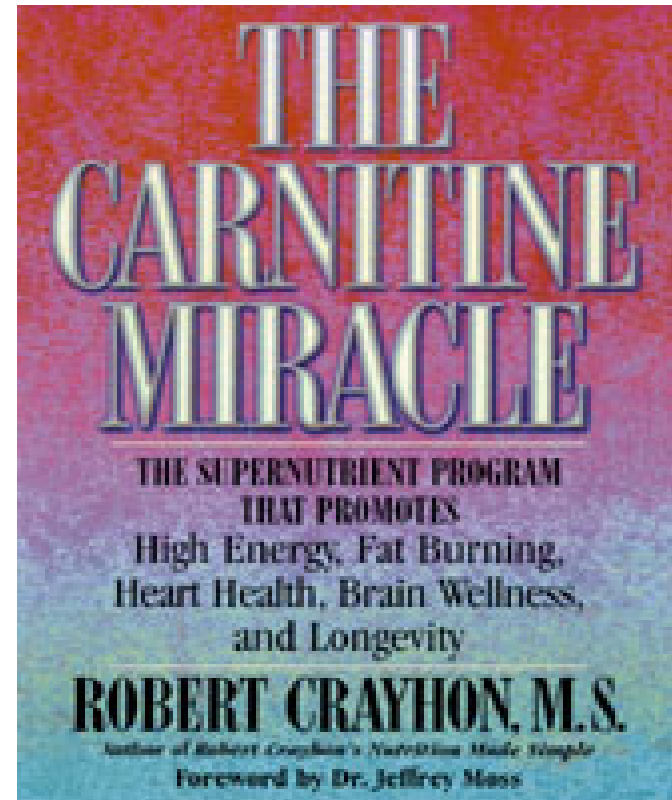


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**Lister Hill Center, NIH
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“...Sports performance, body-weight balance, immune function and heart health all improve with this supernutrient!...”



Carnitine: The Science Behind a Conditionally Essential Nutrient

Workshop Objectives

1. To provide up-to-date, evidence-based information on the role of carnitine in health and disease.
2. To clarify areas of controversy regarding carnitine's therapeutic properties and possible risks associated with its use or abuse.
3. To propose directions for further research

Carnitine: The Science Behind a Conditionally Essential Nutrient

PLENARY SESSION I: The Carnitine System in Human Metabolism

SESSION 1: Carnitine physiology and pharmacology: the basics

SESSION 2: Carnitine replacement

SESSION 3: Carnitine effects on muscle: skeletal, cardiac, or smooth

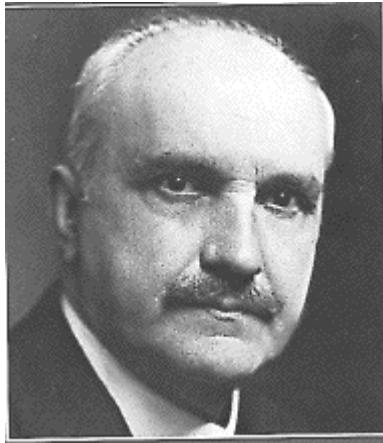
SESSION 4: Carnitine, fat metabolism, and obesity

PLENARY SESSION 2: Carnitine and Acyl-Carnitines in Aging

SESSION 5: Carnitine, immunity, and HIV infection

SESSION 6: New perspectives in carnitine research

SUMMARY AND FUTURE DIRECTIONS



Skepticism is the chastity of the intellect, and it is shameful to surrender it too soon or to the first comer.

George Santayana (1923)