Carnitine: The Science Behind a Conditionally Essential Nutrient

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March 25-26, 2004
“...Sports performance, body-weight balance, immune function and heart health all improve with this supernutrient!...”
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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
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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)