



## L-Carnitine and the Heart (Good Health Guides)

*Stephen T. Sinatra, Jan Sinatra*

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**L-Carnitine and the Heart (Good Health Guides)** Stephen T. Sinatra, Jan Sinatra

In this guide, Stephen Sinatra, M.D., reveals how an explosive combination of the nutrients coenzyme Q10 and L-carnitine--the twin pillars of healing--can have an exciting, positive impact on the cardiovascular system.

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