

L-Carnitine Subcutaneous Injection User Guide

L-Carnitine User Instructions

Important information you need to know before using L-Carnitine Subcutaneous Injection.

1. Before you begin

Please read this leaflet and the full Instructions before starting your L-Carnitine Subcutaneous Injection experience. It's important that you understand how to correctly store, handle, and administer L-Carnitine Subcutaneous Injection ensuring both safety and optimal efficacy.

All Pens have Anti-Counterfeit Labelling with Secure Pharma Grade Authenticity Validation Code/Batch Number.

2. What's inside the L-Carnitine Subcutaneous Injection Kit?

- 1 prefilled L-Carnitine Pen (each containing 800mg of pure pharma grade L-Carnitine)
- 8 Disposable Needles
- 8 Alcohol Swabs
- 1x L-Carnitine Subcutaneous Injection Travel Case
- 1x Reusable Travel Ice Pack
- 1x Welcome Card

3. How to store L-Carnitine Subcutaneous Injection

- Store Pens in the refrigerator at 2-8°C (36-46°F) whenever possible.
- Keep away from heat and direct sunlight.

- **Do not use the pen if:**

- The solution is frozen, cloudy, or contains particles
- The pen is expired or empty.

▪ L-Carnitine Subcutaneous Injection Pens have been validated to remain safe and stable for up to 30 days at room temperature.

Use the Travel Case and Ice Pack to keep your Smart Pens cool during short trips.

Don't forget to pack needles and Alcohol Swabs when traveling!

Dispose of expired or empty pens responsibly. Do not reuse cartridges.

PRODUCT:	INSTRUCTIONS:
Nova L-Carnitine 10ml Vial	Administer as a subcutaneous injection. Standard dose: 1ml, three times per week. Pre-workout option: 1ml before training. Advanced use: May increase to daily administration depending on goals. Inject into subcutaneous fat (abdomen or outer thigh). Tip: inject very slowly to reduce the mild burning sensation that may occur with L-Carnitine.
Nova L-Carnitine 50ml Vial	Administer as a subcutaneous injection. Standard dose: 1ml, three times per week. Pre-workout option: 1ml before training. Advanced users: May increase up to daily administration depending on goals. Inject into subcutaneous fat (abdomen or outer thigh). Inject slowly to reduce discomfort.
L-Carnitine 800mg Pen	Administer as a subcutaneous injection. Dose 30–60 clicks per injection, three times per week, or pre-workout. Inject into subcutaneous fat (abdomen or outer thigh). Tip: inject slowly to reduce any possible burning sensation — this is directly related to injection speed.

Dosing Overview

The L-Carnitine Subcutaneous Injection is available as a single pen kit.

Each 2.4ml Pen cartridge contains 800mg of pure, pharmaceutical-grade NAD+.

The typical dosage for L-Carnitine is 30 clicks (100mg) per injection.

The L-Carnitine Subcutaneous Injection offers customisable dosages ranging from 100mg - 200mg.

Therefore, the duration of each Smart Pen will depend on the desired administration dosage.

Adjust dose using the dial:

- Select from 100 / 200 mg - 30 - 60 clicks
- Turn clockwise to increase
- Turn counterclockwise to decrease

Regardless of the dose you will choose, it is recommended to start on one dose every day for the first 3 days then reducing to alternate days with a maximum of 5 injections per calendar week.

Quick Start Guide

4. Safety Information

- Keep all components away from children.
- Do not mix other injectable products into the cartridge.
- Disinfect the injection site with an Alcohol Swab before injecting.
- Wash hands thoroughly with soap and water before use.
- After injecting, remain seated and relaxed for 5-10 minutes to monitor how you feel.

5. Do not use L-Carnitine Subcutaneous Injection if:

- You have active cancer or are currently in remission without consulting your oncologist.
- You have irritated, scarred or broken skin at the site of injection.
- You are pregnant or breastfeeding.
- You are 18 years or below.

Reassess and adjust dosage as needed.

1. Prepare to inject

- Wash your hands thoroughly.
- Clean your injection site, lower abdomen (recommended) or outer thigh, using an alcohol swab. (Provided in the L-Carnitine Subcutaneous Injection kit).

What is L-Carnitine Subcutaneous Injection?

L-Carnitine Subcutaneous Injection is a self-administered subcutaneous injection kit delivering optimal purity L-Carnitine directly into your body for maximum bioavailability.

Injection sites

- Subcutaneous injection sites vary, but most commonly include the abdomen (avoiding the area around the belly button), the outer thigh, the back of the upper arm, and the buttocks.
- Rotation of injection sites is crucial to minimise site irritation and bruising and ensure optimal absorption of the active L-Carnitine solution.

Instructions for Use L-Carnitine Subcutaneous Injection Smart Pen

IMPORTANT DISCLAIMER

- Do not use if the Pen contents are:

- Frozen
- Cloudy
- Contain visible particles
- Wash your hands with soap and water before every injection.
- Check the box label to ensure:
- The product is not expired
- The pure L-Carnitine SQ solution should be light yellow in colour, this is normal.

2. Set the correct dosage

- Turn the dosage dial on the Pen clockwise to set your preferred amount: 100mg (30 clicks) /200mg (60 clicks)
- Ensure the correct dosage appears clearly in the window before proceeding.
- In case you selected the wrong dosage, please rotate counterclockwise to reset.
- Make sure you can see the dosage counter. Do not cover it with your fingers. This could interrupt the injection.

3. Needles

- Take a new needle and tear off the paper tab. Always use a new needle for each injection.

4. Place the needle

- Push the needle straight onto the Smart Pen. Turn clockwise until it is on tight.

5. Remove the caps

- Pull off the outer needle cap and keep it for later. You will need it after the injection, to safely remove the needle from the Smart Pen.
- Pull off the inner needle cap and throw it away.
- If you try to put it back on, you may accidentally stick yourself with the needle.
- Be careful not to touch the needle.

Caring for your Smart Pen

Treat your Pen with care. Rough handling or misuse may cause inaccurate dosing, which may lead to abdominal discomfort such as nausea or vomiting.

- Do not leave the Pen in a car or another place where it can get too hot or too cold.
- Do not inject L-Carnitine Subcutaneous Injection which has been frozen.
- Do not inject L-Carnitine Subcutaneous Injection which has been exposed to direct sunlight.
- Do not expose your Pen to dust, dirt or liquid.
- Do not wash, soak or lubricate your Pen. It may be cleaned with a mild detergent on a moistened cloth.
- Do not drop your Pen or knock it against hard surfaces. If you drop it or suspect a problem, attach a new needle and check the flow before you inject.
- Do not try to refill your Pen. Once empty, it must be disposed of.
- Do not try to repair your Smart Pen or pull it apart.

6. Inject

- Hold the Pen firmly at a 90-degree angle against the cleaned injection site.
- Press the Pen down until you hear a “click” – this activates the injection.
- Hold in place for 5-10 seconds to allow the full dose to be delivered.
- You may experience a slight tingling or stinging sensation at the site of the injection. This is normal and nothing to be concerned about.

7. Dispose the needle

- Check that the dosage window is clear (confirming delivery).
- Use the needle cap to remove the needle from the Smart Pen.

L-Carnitine Subcutaneous Injection Travel Case. How to Pack and Use

Thank you for choosing L-Carnitine Subcutaneous Injection. Your sleek, black Travel Case has been carefully designed to help you travel safely and confidently with your NAD+ Smart Pen.

Getting Ready to Travel

Before you head out, here's how to prepare your case for the journey:

- Pack Your Reusable Ice Pack
- This is ideal for carry-on luggage and complies with most airline guidelines.
- Freeze your chosen Ice Pack before travel for up to 6 hours, and whenever a freezer is available during your trip.

This helps protect the integrity of your L-Carnitine throughout your journey.

- Include enough Alcohol Swabs and Disposable Needles for the number of self-administered doses you'll need.

Helpful Reminders:

- Keep your Travel Case zipped up and stored in a cool place while in transit.
- Remember to pack the sharps bin for safe disposal during your travel.
- If flying, you can inform airport security you're carrying a medical device – just like with any health-related kit.