

## News Release

Lonza Group Ltd  
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### **New study shows Carnipure™ tartrate helps post-exercise recovery in middle-aged women and men**

Basel, Switzerland, 11 August 2010 – A new study provides evidence that daily supplementation with two grams of L-Carnitine in the form of Carnipure™ tartrate can accelerate post-exercise recovery and reduce muscle soreness in middle-aged individuals. Carnipure™ tartrate is a high quality form of L-Carnitine produced by Lonza. The double-blind, placebo-controlled, balanced, crossover study was conducted by the Department of Kinesiology at the University of Connecticut and published in the August 2010 issue of the Journal *Metabolism: Clinical and Experimental*.

The study complements previously published research that shows similar positive health effects in younger subjects. However, as the number of middle-aged individuals continues to increase, it is important to identify food and nutritional products tailored to the needs of this demographic group and support these products with scientific research. “Carnipure™ can play an important role in the diet of middle-aged women and men and positively affect their physical wellbeing,” says Dr. William Kraemer, lead author of the study.

A nutrient produced in the body and found in some dietary sources, L-Carnitine plays a critical role in fat and energy metabolism. It shuttles long-chain fatty acids into the cells' mitochondria where they are broken down for energy generation. Extensive research has shown that supplementary Carnipure™ may play a supportive role in many areas of health, including sports nutrition and exercise recovery, cardiovascular health, weight management and healthy aging. Carnipure™ is easily integrated into functional foods and beverages, and dietary supplements.

#### **About Lonza**

Lonza is one of the world's leading suppliers to the pharmaceutical, healthcare and life science industries. Its products and services span its customers' needs from research to final product manufacture. Lonza is the global leader in the production and support of active pharmaceutical ingredients both chemically as well as biotechnologically. Biopharmaceuticals are one of the key growth drivers of the pharmaceutical and biotechnology industries. Lonza has strong capabilities in large and small molecules, peptides, amino acids and niche bioproducts which play an important role in the development of novel medicines and healthcare products. Lonza is a leader in cell-based research, endotoxin detection and cell therapy manufacturing. Lonza is also a leading provider of value chemical and biotech ingredients to the nutrition, hygiene, preservation, agro and personal care markets.

Lonza is headquartered in Basel, Switzerland, and is listed on the SIX Swiss Exchange. In 2009, Lonza had sales of CHF 2.69 billion. Further information can be found at [www.lonza.com](http://www.lonza.com).



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.