

## What is Carn-Aware?

**L-Carnosine 200 mg Zinc 2.5 mg Vitamin E 25 IU 60 Capsules \$36.00**

CARN-AWARE is designed to be tolerated with diabetics, the ketogenic diet, and gluten-casein free diets.

CARN-AWARE is tasteless and odorless. The capsules may be opened and mixed into foods and drinks

CARN-AWARE contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, flavoring, or carbohydrates. Other ingredients: Gelatin (capsule has been certified kosher), vegetable stearate, and silica.

CARN-AWARE does not require a medical prescription however we recommend that you consult with your child's physician.

Suggested Usage: As a dietary supplement, take 1-2 capsules daily or as directed by a physician.

**This product is not intended to treat, cure, or prevent any diseases.**



**To learn more about Carn-Aware, simply click on the FAQ links below. If you prefer, you may scroll down the page to view all relevant information on this topic:**

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### What Families Are Saying

My son has been taking Carn-Aware for about a month now. During this time, he seems to have felt very good. Very calm and happy. Almost immediately we noticed he seemed more "connected" with lots of meaningful interaction. His school team has had very positive comments this month. We started to get some verbal approximations, but this has tapered off a bit... We plan to continue with Carn-Aware for some time. K.R.

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### What is L-Carnosine?

L-Carnosine is a naturally occurring dipeptide that consists of alanine and histadine.

### Where was Carn-Aware developed and how is it currently being used?

Carn-Aware was developed by a leading U.S. Pediatric Neurologist, and was first utilized in his practice.

Found to be beneficial to children diagnosed with Autism Spectrum Disorders, Asperger's Syndrome, PDD, ADD, ADHD, Apraxia and Epilepsy, the use of Carn-Aware has steadily grown, and is now benefiting children throughout the United States as well as other countries.

### **Is there clinical data indicating that Carn-Aware is effective?**

Double-blind and Open-label studies have reported improvements in the following areas:

Auditory processing    Socialization    Speech production    Fine motor skills    Language skills    EEG reports    Seizure frequency

### **What benefits should parents expect from CARN-AWARE in autism spectrum disorders?**

Although not a cure, CARN-AWARE may improve receptive language, auditory processing, socialization, awareness of surroundings, and even help fine motor planning and expressive language when compared to placebo. Improvements are usually seen between 1-8 weeks of starting on Carn-Aware.

### **How can CARN-AWARE help with epilepsy?**

The exact mechanism is unknown, but in open label studies and clinical experiences, CARN-AWARE has improved some EEG abnormalities and frequency of myoclonic and generalized seizures. CARN-AWARE has also helped cognitive development in severe epileptics even when EEG or seizure frequency was unchanged. Remember that CARN-AWARE is only a dietary supplement and not a drug used to treat epilepsy.

### **What if my child is Diabetic?**

Carn-Aware is designed to be tolerated by Diabetics, and is compatible with the Ketogenic diet and gluten-casein free diets. It is recommended that you consult with your child's physician prior to administering Carn-Aware.

### **What if my child has allergies, sensitivities to certain foods or has been instructed by a physician to avoid specific ingredients?**

Carn-Aware contains no yeast, wheat gluten, milk/dairy products, corn, sodium, sugar, starch, artificial coloring, preservatives, flavoring or carbohydrates.

### **Does Carn-Aware require a medical prescription?**

Carn-Aware does not require a prescription, however, it is recommended that you consult with your child's physician prior to administering this or any dietary supplement.

### **What is the recommended dosage for the intake of Carn-Aware?**

As a dietary supplement, take 1-2 capsules daily or as directed by a physician.

Clinical research in autism spectrum disorders shows that 2 capsules twice daily (400mg of L-Carnosine each dose) is an effective dosage. From clinical experience with brain injury, epilepsy, or central auditory processing, 200mg to 3000mg daily have been safe and useful. Always consult a knowledgeable physician when using a dietary supplement.

### **In what formulation is Carn-Aware available and why?**

Each Carn-Aware capsule is formulated as follows: L-Carnosine 200 mg, Zinc 2.5 mg, Vitamin E 25 IU. This formulation was developed to allow for maximum flexibility by users of the supplement who may administer one or more capsules based on need. CARN-AWARE does not contain any yeast, wheat gluten, milk/dairy products, corn, sodium, sugar, starch, artificial coloring, preservatives, flavoring or carbohydrates.

### **Is Carn-Aware palatable for children?**

Carn-Aware is tasteless and odorless. If preferred, Carn-Aware capsules may be opened and their contents mixed directly into foods and beverages. However, do not mix into very high temperature foods. For example, you can mix the CARN-AWARE into scrambled eggs once they have cooled off, but do not mix into the eggs while still cooking.

### **Does CARN-AWARE have to be given with food?**

CARN-AWARE can be given with or without food.

### **What are the most common side effects of CARN-AWARE?**

No reports of harmful physical side effects from CARN-AWARE have been received to date. Background research of prior animal and human experience, plus in over 1000 children on L-Carnosine or CARN-AWARE since June of 2001, have not shown any adverse liver, blood, kidney, or central nervous system side effects. Behaviorally, too high a dose may over stimulate some patients' frontal lobes which can cause increased irritability, hyperactivity, or insomnia. This has been noted in already manic or hyperactive autistic patients.

### **What about using CARN-AWARE with other dietary supplements or drugs?**

**Supplements:** To our knowledge, no other dietary supplements have been studied in a double-blind placebo-controlled manner. Fish Oil, High dose B6, Magnesium, or probiotic or mega vitamin therapies are all unproven. Some high dose vitamins may make children hyperactive, which may confuse parents if CARN-AWARE is added.

**Drugs:** CARN-AWARE does not appear to alter valproic acid levels. We have not had reports of adverse effects with stimulants, anti-psychotic or SSRI medications. Acetyl-choline esterase inhibitors may over stimulate in combination with CARN-AWARE, but no physically adverse interactions have been reported. Acetaminophen, Ibuprofen, and antibiotics are not contra indicated to the best of our knowledge.

**Diets:** CARN-AWARE is designed to be tolerated by Diabetics, and is compatible with the ketogenic diet and gluten-casein free diets.

**How long does CARN-AWARE last?**

No pharmacokinetic studies have been done to date to determine the half-life of L-Carnosine or CARN-AWARE.

**Should usage be interrupted or discontinued during school holidays, vacations, or periodically during the year?**

No, it is not necessary nor do we recommend interrupting or discontinuing the usage of Carn-Aware during school vacations, holidays or periodically unless recommended by a physician.

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P.O. Box 88 - Lake Bluff IL 60044  
Tel: 847 295-0748 Fax: 847 295-0744