Carnosine is a dipeptide composed of Alanine and Histidine. It occurs naturally in meats and accumulates preferentially in muscle, brain, eyes, and nervous tissue.

**Benefits proven in studies with a dose of Carnosine ranging from 800 mg/day to 25 mg/lb. body weight:**

a. **Reduces glycosylation,** has antioxidant action, protects against metal induced toxicity, reduces diabetes complications.

b. **Protective effects on brain or heart,** especially during injuries such as stroke or ischemic perfusion. Possibly helpful with neuromuscular disease.

c. **Speeds up wound healing by stimulating collagen production.**

d. **Protective on eyesight,** specifically cataract and other aging related impairment.

e. **Proposed as anti-aging factor with tissue rejuvenation of native effects as evidenced by in vitro experiments on fibroblasts.** Has shown increased life span in animal models.

f. **Protective effect on the brain aging,** against amyloid plaque (Alzheimer's) and potentially helpful with autistic disorder.

g. **Protective on stomach lining in conditions such as ulcer.**

**References**


