

Products of animal origin – the most important L-carnitine source in human diet

Summary

The studies on food products composition are more often focused on searching for compounds which would demonstrate a profitable effect on human organism. They undoubtedly include L-carnitine that participates in lipids' metabolism, and its deficiency may lead to myopathy or cardiomyopathy. The study conducted demonstrated that the products of ruminants origin were a very rich source of L-carnitine and its amount depended on the kind of product (meat, milk), animal species (sheep, cow, goat) and the applied treatment process. Meat is a considerably more rich source of that compound in human diet when compared to milk, what is accompanied by its significantly higher bioavailability. It was observed moreover that the highest amounts of the discussed compound were contained in the products, coming from sheep, then, from cattle, and finally, from goats.

KEY WORDS: carnitine, physiological function, content in milk and meat