

L-Carnitine Dosing Chart

A naturally occurring compound involved in fat transport into mitochondria, available as an oral supplement and an injectable prescription product. Commonly discussed doses: 500 mg–2000 mg. Amounts discussed are in the hundreds to thousands of milligrams. Shown in micrograms for calculator consistency — 1,000,000 mcg is 1,000 mg. For the prescription product, follow its labeling.

thelastpeptide.com · Medically reviewed by Charles Maddix, MSN, APRN, PMHNP-BC · Last reviewed 2026-08-02

FDA STATUS

Levocarnitine is FDA-approved as a prescription drug for carnitine deficiency. Over-the-counter L-carnitine sold for weight loss is a dietary supplement and is not FDA-approved to treat any condition.

500 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	500 mg	1000 mg	2000 mg
1 mL	500	100 u	—	—
2 mL	250	—	—	—
3 mL	166.67	—	—	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/l-carnitine

L-Carnitine dose figures are commonly discussed reference information with no approved labeling unless stated above. The Last Peptide is an educational reference and sells nothing. Dosing figures shown here are commonly discussed reference information, not prescriptions or medical advice. Many peptides listed are not FDA-approved. Talk to a licensed clinician before using any peptide.