Here a compilation of the most important studies with L-carnosine

**Carnosine and anti-aging: carnosine is – like the OPC – an effective „radical scavenger“, and thus protects the genetic makeup and the body’s cells, prolonging both life span and health span:**


**Carnosine promotes the health of the heart and muscles:**


Carnosine promotes the removal of heavy metals from the body and protects the stomach:


Carnosine promotes the health of the brain:


Carnosine promotes eye health:


Carnosine promotes healthy cell growth:


Carnosine strengthens the immune system: