



BETA ALANINE



Beta-alanine is a naturally occurring amino acid that supports the synthesis of muscle carnosine in the body. Carnosine acts as a buffer against a drop in pH in the muscle. It is this pH drop that causes the onset of muscle fatigue and failure.

Quick Tip: The most effective way to increase carnosine levels in the body is to supplement with the right dosage of beta-alanine.

WHY DO TRAINERS & ATHLETES TRUST CARNOSYN®?

Globally patented. Backed by years of scientific research, CarnoSyn® is the only patented beta-alanine on the market.

Banned substance-free. CarnoSyn® contains ZERO banned substances and is not listed by any of the following authorities: NFLPA, NCAA, MLB, WADA, and IOC.

NUTRITION INFORMATION		Ave Qty	Ave Qty
Serving size: 1.2 g (1 SCOOP)		Per Serving	Per 100 g
Servings per container: Approx. 167			
Energy		0 kJ 0 Cal	0 kJ 0 Cal
Protein		0 g	0 g
Fat – Total	Less than 0.1 g		Less than 0.1 g
- Saturated	Less than 0.1 g		Less than 0.1 g
Carbohydrates - Total	0 g		0 g
- Sugars	0 g		0 g
Sodium	0 mg		0 mg
Potassium	0 mg		0 mg
CarnoSyn® Beta-alanine		1.2 g	100 g

INGREDIENTS: CARNOSYN® BETA-ALANINE

*Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.



WHAT DOES IT DO?



DIRECTIONS FOR USE: Mix 1.2 g (1 SCOOP) in 200ml of water, energy drink like War Hammer or protein shake and drink immediately. Best time to take is 30 minutes prior to training or exercise, however, can be used at any time of day. For best results, use daily for at least 15 days.



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