

CODE 2007

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Caution: Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. After a few weeks of supplementation with Beta-Alanine, this sensation normally lessens or subsides.

Beta-Alanine is a non-essential amino acid that is used by muscle cells to synthesize Carnosine. Carnosine is a dipeptide (Beta-Alanine plus Histidine) that functions as a buffer for the hydrogen ions (acid) produced during strenuous exercise, thus helping to maintain optimum muscular pH. Clinical studies suggest that Beta-Alanine supplementation can increase muscle Carnosine content and delay muscle fatigue.*

SUGGESTED USAGE: As a dietary supplement, take a 1/2 level teaspoon (2.0 g) 4 to 6 times daily. Mix into 8 fl. oz. of water or your favorite beverage. For best results, allow at least 2 hours between doses. We recommend taking this product in combination with a NOW® Ribose supplement.

CarnoSyn
Carnosine Synthesizer

Beta-Alanine

100% Pure Powder

- Supports Muscular Endurance
- Helps Delay Muscle Fatigue*
- High Potency

Net Wt. 500 g (17.6 oz.)



Supplement Facts

Serving Size 1/2 Level Teaspoon (2.0 g)
Servings Per Container 250

Amount Per Serving

CarnoSyn® Beta-Alanine 2.0 g (2,000 mg)*

* Daily Value not established.

Other ingredients: None.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361 and 7,504,376, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

A Dietary Supplement Vegetarian Product