

CODE 2008

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ACTUAL SIZE

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

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 1-3 capsules 4 to 6 times daily with 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.

Beta-Alanine

750 mg

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



120 Capsules



A Dietary Supplement

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 40

Amount Per Serving

CarnoSyn® Beta-Alanine 2.25 g (2,250 mg)*

* Daily Value not established.

Other ingredients: Rice Flour, Gelatin (capsule), Stearic Acid (vegetable source) and Ascorbyl Palmitate.

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

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

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®.

Store in a cool, dry place. Please Recycle.