

## THE TRUE STRENGTH OF MUSCLE STAMINA

During high intensity training, glucose and glycogen are broken down for energy. In the process, hydrogen ions (H+) are also produced within the muscles. H+ accumulation causes the muscles to become more acidic and may ultimately lead to fatigue. The Beta-Alanine, histidine, and phosphates in our Beta-Alanine powder formula are designed to help support your intramuscular buffering system to help you so you can train harder, longer.\*

**TRUE STRENGTH™**  
WWW.OPTIMUMNUTRITION.COM



**DIRECTIONS:** Add 1 scoop of Beta-Alanine Powder to a glass or shaker cup filled with 6-8 oz. of cold water or your favorite beverage. Mix or shake thoroughly for 15-20 seconds or until completely dissolved.

**SUGGESTED USE:** Consume one serving first thing in the morning and a second serving approximately 30 minutes before your workout (or mid-afternoon on non-training days). Intended for use in healthy adults as part of a healthy, balanced diet and exercise program.

**WARNING:** CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT OR NURSING OR THOSE THAT ARE SENSITIVE TO BETA-ALANINE. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION

STORE TIGHTLY-CLOSED CONTAINER IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.



FPO UPC



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# BETA-ALANINE POWDER

ENDURANCE SUPPORT\*

**1.6G**  
BETA ALANINE

**0G**  
SUGAR

UNFLAVORED

**75**  
SERVINGS

NET WT. 7.15 OZ (203 G) DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Scoop (2.7 g)  
Servings Per Container 75

Amount Per Serving		% Daily Value
Phosphorus (as dimagnesium phosphate, monosodium phosphate, dipotassium phosphate)	70 mg	7%
Magnesium (as dimagnesium phosphate)	15 mg	4%
Sodium (as monosodium phosphate)	20 mg	1%
Potassium (as dipotassium phosphate)	55 mg	2%
Beta-Alanine (as CarnoSyn®)	1.6 g	**
L-Histidine	550 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**OTHER INGREDIENTS:** Silicon Dioxide.

MANUFACTURED BY  
OPTIMUM NUTRITION  975 Meridian Lake Dr.  
Aurora, IL 60504



CarnoSyn® trademark and patents owned by  
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\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

1-800-705-5226 TRUESTRENGTH.COM