


PODIUM®

BETA-ALANINE has been shown to help buffer acid in the muscles, allowing for longer sustained exercise at high intensity. The 5-Time Champion, Mat Fraser, called Beta-Alanine his "third lung" while training for competition.

SUGGESTED USE: Mix one (1) scoop with 6-8 ounces of water. **Do Not Exceed** two (2) scoops per day. Beta-Alanine may cause a harmless tingling sensation in some individuals.

WARNING: Consult your physician prior to using this or any dietary supplement product if you are pregnant, nursing, taking medication, or have a known or suspected medical condition. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.



Podium Nutrition and the  logo are trademarks of and distributed by:
Podium Nutrition, LLC
College Station, TX 77845
(833)PODIUM5

Follow us @321PODIUM

321PODIUM.COM

60
SERVINGS

UNFLAVORED

BETA-ALANINE

DIETARY SUPPLEMENT

NET WT. 100 G (3.53 OZ)



Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.

SUPPLEMENT FACTS

Serving Size:	1 Scoop (1.7 g)	2 Scoop (3.3 g)
Servings Per Container:	60	30

Amount Per Serving	%DV*	%DV*
Beta Alanine	1.6g †	3.2g †

*Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Silicon Dioxide.
ALLERGEN WARNING: Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

*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.

GLUTEN FREE