

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.

strength and endurance training goals.*

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. NOW uses CarnoSyn®, a patented form of Beta-Alanine that has been clinically tested and shown to increase muscle Carnosine content, allowing muscles to work harder and longer during intense exercise. NOW® Beta-Alanine is backed by scientific research demonstrating that CarnoSyn® supplementation results in delayed muscle fatigue and rapid recovery time, thereby helping you attain your

strength and endurance training goals.*

SUGGESTED USAGE: As a dietary supplement, take a 1/2 level teaspoon (2.0 g) 3 to 4 times daily. Mix into 8 fl. oz. of water or your favorite beverage. For best results, allow at least 2 hours between doses. Consider taking these other NOW® products: Ribose and GPLC GlycoCarn®.



Net Wt. 500 g (17.6 oz.)

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



Beta-Alanine

100% Pure Powder



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