

CODE 2008

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ACTUAL SIZE

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.

you attain your 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

SUGGESTED USAGE: As a dietary supplement, take 3 capsules 2 to 3 times daily with 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®.

CarnoSyn®
Carnosine Synthesizer

now
SPORTS

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 Ellyn 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. Store in a cool, dry place. Please Recycle.

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