

THE BIGGER PICTURE 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 ultimately leads to fatigue. Packed with Beta-Alanine, Histidine, and Phosphates our Threshold™ formula is designed to help boost your intramuscular buffering system so that you can train harder, longer.[†]

Carefully Manufactured
in the  by: 

Sunrise, FL 33325
Consumer Affairs
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optimumnutrition.com
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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.

DIRECTIONS: Add 1 scoop of Threshold™ 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 powder is 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). **TIPS:** The first few times that you use it, Threshold™ may cause a tingling sensation on your skin. With continued use, the intensity of the sensation will decrease or disappear. For best results, use Threshold™ continuously for at least 8 weeks.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTH CARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT OR NURSING A BABY, UNDER 18 YEARS OF AGE, HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, AND/OR IF YOU ARE TAKING ANY PRESCRIPTION OR OTC MEDICATIONS.

STORE TIGHTLY-CLOSED CONTAINER IN A COOL, DRY PLACE.

THE BIGGER PICTURE™
WWW.OPTIMUMNUTRITION.COM



UNFLAVORED

1.6G
BETA ALANINE

75
SERVINGS

THRESHOLD™

1,600 MG

MUSCLE FATIGUE FIGHTER[†]



Supplement Facts

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

Amount Per Serving		% Daily Value
Calories	0	
Total Carbohydrate	0 g	0%*
Magnesium (as dimagnesium phosphate)	15 mg	4%
Phosphorus (as dimagnesium phosphate, monosodium phosphate, dipotassium phosphate)	70 mg	7%
Sodium (as monosodium phosphate)	20 mg	1%
Potassium (as dipotassium phosphate)	55 mg	2%
Beta Alanine	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.



07-234-094

CarnoSyn
Carnosine Synthesizer

Nutritional uses of β-alanine are licensed from Natural Alternatives International, Inc. under US Patents #5,965,596; 6,172,098 and 6,680,294.

NET WT. 202.5 G (7.13 OZ.)