

Suggested Use: Adults, as a dietary supplement, take 3 to 4 servings daily. Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition, or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken.

BETA-ALANINE is an amino acid shown to support strength training, power production, and high-intensity exercise performance.[†]

HELPS BUFFER LACTIC ACID[†]

Supports buffering the metabolic byproduct that causes the "burn" you feel during exercise that hinders muscle performance.[†]

BOOSTS MUSCLE GROWTH[†]

Promotes increased strength training volume, which has been shown to increase muscle hypertrophy.[†]

AIDS ENDURANCE[†]

Assists in extending time to exhaustion during aerobic exercise, promoting endurance gains.[†]

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.

ONNIT

Beta ALANINE

SUSTAINED RELEASE TABLETS

PROMOTES WORK CAPACITY[†]

GET MORE REPS

DIETARY SUPPLEMENT

120
TABLETS



Supplement Facts

Serving Size 2 Tablets
Servings per Container 60

	Amount Per Serving	%DV
Calcium	20mg	2%*
Beta-Alanine (as SR CarnoSyn®)	1600mg	††

*Percent Daily Values are based on a 2,000 calorie diet.

††Daily Value Not Established.

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropyl Cellulose, Corn Starch, Medium Chain Triglyceride, Silicon Dioxide, Maltodextrin, Modified Corn Starch

Manufactured Exclusively For: Onnit Labs, Inc. • Austin, Texas 78744
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SR CarnoSyn®



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