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.1



🐧 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.1

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.



PROMOTES WORK CAPACITY'

SUSTAINED RELEASE TABLETS

DIETARY SUPPLEMENT







Supplement Facts

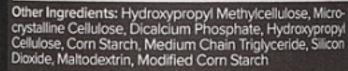
Serving Size 2 Tablets Servings per Container 60

Amount Per Serving %DV

Calcium 20mg

Beta-Alanine (as SR CarnoSyn®) 1600mg

*Percent Daily Values are based on a 2,000 calorie diet. *Daily Value Not Established.



Manufactured Exclusively For: Onnit Labs, Inc. • Austin, Texas 78744 (855) 666-4899

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