



2 capsules



2x daily



before meals

Suggested Use: As a dietary supplement, take 2 capsules (1600mg) with your favorite beverage twice daily. **On Non-Training Days:** Take 1 serving prior to your first meal of the day and 1 serving 6-8 hours later. **On Training Days:** Take 1 serving 20-30 minutes prior to exercise and 1 serving after training. Beta-Alanine can create tingling sensation on your skin, which is normal and should subside after continuous use. To assess tolerance, begin by consuming ½ a serving. Do not add to products already containing Beta-Alanine.

VEGETARIAN | NON-GMO | GLUTEN FREE | BSE/TSE FREE

Warning: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions and/or are taking drugs consult your health care professional before using this product. DO NOT EXCEED 2 servings in a 24 hour period. Discontinue use two weeks prior to surgery.



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®

SINCE
1996

MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY
FDA Registration: 16906175560

NUTRABIO®

CARNOSYN® BETA ALANINE

HPLC LAB TESTED FOR POTENCY

Improves Training Intensity †

Increases Strength & Power †

Delays Muscle Fatigue †



240
V-Caps

800mg
Dietary Supplement

MADE IN OUR
GMP
&
FDA
INSPECTED
FACILITY



Supplement Facts

Serving size: 2 vegetable capsules
Servings per container: 120

	Amount Per Serving	%DV
Beta-Alanine (CarnoSyn®)	1600mg	*

* Daily value (DV) not established.

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

†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.

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— WITH INGREDIENTS —
SOURCED WORLDWIDE

