

BETA-X™ is a new, high-performance supplement designed with CarnoSyn®, patented beta-alanine, to increase anaerobic capacity of working muscles. Studies have shown supplementing with CarnoSyn® increases strength, increases lean muscle, enhances endurance, delays fatigue, increases physical working capacity and decreases body-fat. †

BETA-X™ is specially designed powder formula to provide continual muscle tissue saturation of Beta-Alanine for maximum results. †

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

Licensed under one or more of U.S.
Pat. Nos. 5,965,596, 6,426,361,
7,504,376 and 8,067,381, each of
which is owned by Natural Alterna-
tives International, Inc. (NAI). NAI
is also the owner of the registered trademark CarnoSyn®

CarnoSyn®



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**LEAN MUSCLE • STRENGTH
ENDURANCE • POWER**

BIOACTIVE
BETA-X™

**HIGH-PERFORMANCE
BETA-ALANINE POWDER**

Dietary Supplement
Net wt: 160 grams

**Faster Absorbing
Powder Formula†**

Supplement Facts

Serving Size: **1 gram** (1 scoop)
Servings Per Container: **160**

Amount per Serving	%DV/RDI
Carnosyn® Beta-Alanine (98%)	1000 mg *

*Daily Value/or Recommended Daily Intake not established.

Recommended Use:

Muscle Tissue Saturation Phase

Week 1 through 4 - take two (2) scoops **BETA-X™** powder
3 times per day (every 4 to 6 hours).

Muscle Tissue Support Phase

Week 5 and beyond - take one (1) scoop **BETA-X™**
powder 3 times per day (every 4 to 6 hours).



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