

DIRECTIONS & RECOMMENDED USE:

Take one serving (five capsules) with 10-12 oz of water, 30-60 mins prior to exercise. Do not exceed more than two servings (ten capsules) per day.

WARNING:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

Beta-alanine has been known to cause a harmless, temporary tingling sensation on the skin for some people. This is completely normal and nothing to worry about. After a few weeks of supplementation with Beta-alanine, this should subside.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. 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.

Manufactured for VitaMonk
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vita**monk**

ENDURANCE MODE™

- Boosts Aerobic and Anaerobic Potential*
- Increases Muscle Endurance and VO2 Max*

DIETARY SUPPLEMENT
100 CAPSULES

Supplement Facts

Serving Size: 5 Capsules
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Sodium (from Sodium Bicarbonate)	27 mg	1%
Beta Alanine	1000 mg	**
HMB-CA (B-Hydroxy B-Methylbutyrate)	1000 mg	**
Taurine	500 mg	**
L-Carnitine L-Tartrate	500 mg	**
Cordyceps Sinensis (35% Polysaccharides)	500 mg	**
Siberian Ginseng Root Extract 4:1 (Eleutherococcus Senticosus)	400 mg	**

** Daily Value not established.

Other Ingredients: Rice Concentrate, Vegetable Capsule

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