

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 | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color, Flavor or Sweetener, No Preservatives, No Starch, No Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk, Sodium 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®

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1996**

**MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY**

FDA Registration: 16906175560



MADE IN USA
- WITH INGREDIENTS -
SOURCED WORLDWIDE

NUTRABIO®

CARNOSYN® BETA ALANINE

HPLC LAB TESTED FOR POTENCY

240
Veggie Capsules

800mg
Dietary Supplement



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.

PRODUCT FILLED TO THIS LEVEL ▲

