

Beta-Alanine is a non-essential amino acid that is used by muscle cells to synthesize Carnosine. Carnosine is a dipeptide (Beta- Alanine plus Histidine) that functions as a buffer for the hydrogen ions (acid) produced during strenuous exercise, thus helping to maintain optimum muscular pH.† Certain research publications indicate that Beta-Alanine may help support the following

- › Supports muscular endurance & stamina.†
- › Supports delayed muscle fatigue.†
- › Supports workout performance.†


**SUGGESTED USE:** As a dietary supplement, take a 1/2 level tablespoon (2.0 g) 3 to 4 times daily. Mix into 8 fl oz of water or your favorite beverage. For best results, allow at least 2 hours between doses. Consider taking these product in combination with Best Naturals Ribose.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in 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.

 **BOTTLED IN USA**



# Beta-Alanine

## Premium Formula



### Pure Powder

### 3rd Party Lab Tested

**Net Wt. 1 lb. (454g) DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 1/2 Level Tablespoon (2 g)  
Servings Per Container: 227

	Amount Per Serving	%Daily Value
Beta-Alanine	2 g (2,000 mg)	*

\*Daily Value not established.

Other Ingredients: None

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. After a few weeks of supplementation with Beta-Alanine, this sensation normally lessens or subsides.

**No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Manufactured for Best Naturals,  
PO Box 394, Kenilworth NJ 07033 USA

[www.shopbestnaturals.com](http://www.shopbestnaturals.com)

For additional information call 1-877-659-6004

Lot#

Exp#

