

THE OBJECTIVE:

To get the most out of a workout, you need to push that workout as hard and as far as possible. Improve muscular endurance for your workout with Beta-Alanine. Beta-Alanine is a precursor to carnosine, and is shown to increase carnosine levels, which increases muscle pH, thus controlling muscular fatigue.*

BETA ALANINE SUGGESTED USE:

As a dietary supplement, mix 1 scoop with 8 ounces of water or your favorite pre-workout beverage. Do not exceed 2 scoops per day. Notice: Beta-alanine may cause a tingling sensation. Please assess tolerance by starting with ½ scoop.*

*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.



TRASH
BASICS

PRE-WORKOUT



30 SERVINGS

BETA ALANINE

BASIC TRAINING SERIES®

MUSCULAR ENDURANCE*



Bt Basic Training
DIETARY SUPPLEMENT

Net Wt. 3.39 oz (96g)

Supplement Facts

Serving Size: 1 Scoop (3.2g)
Servings Per Container: 30

	Amount Per Serving	%DV
Beta-alanine	3.2g	**

**Daily Value (DV) not established.

Distributed by: Redcon1, LLC 701 Park of Commerce Blvd., Suite 101
Boca Raton, FL 33487 TEL: 1(855) 733-2661

WARNING: This product is intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, nursing, taking any prescription or over-the-counter medications or supplements, or if you have or suspect you may have a medical condition. As with any dietary supplement, consult a healthcare professional before using this product. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult a healthcare professional if you experience any adverse reactions. KEEP OUT OF REACH OF CHILDREN.

STORE AT 59-86°F (15-30°C). PROTECT FROM LIGHT AND MOISTURE. PRODUCT DOES NOT COMPLETELY FILL THE CONTAINER. SETTLING OCCURS IN SHIPPING.



PROMOTES
MUSCULAR
ENDURANCE*



SUPPORTS
TRAINING
INTENSITY*



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