

**Recommended Use:** As a dietary supplement, mix 1 scoop daily with 6-10 oz of water or as directed by your healthcare professional.

Do not exceed 1 scoop or 3g in one sitting. Beta-Alanine may produce a slight flushing and/or prickly sensation which is harmless and will subside within hours of use.

**Warning:** For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

**Notice:** Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.



Distributed by Nutricost®  
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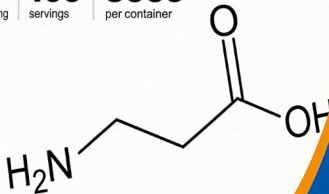
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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**nutricost**

# BETA-ALANINE

**3G** | **100** | **300G**  
per serving | servings | per container



■ UNFLAVORED

Net Wt. 10.6 OZ (300 G) | Dietary Supplement

## Supplement Facts

Serving Size: 1 Scoop (3g)  
Servings Per Container: 100

Amount Per Serving	% DV
Beta-Alanine	3g *

\* Daily Value (DV) not established.

Other ingredients: None.

