

Suggested Use: Take 2 capsules 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.

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE 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.

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SPORT

BETA ALANINE

120 Capsules
(60 Servings)

Amino Acid
Supplement [®]

Supplement Facts

Serving size: 2 vegetarian capsules
Servings per container: 60

	Amount Per Serving	%DV
Beta-Alanine	1,600 mg	†

† Daily value (DV) not established.

Other Ingredients: vegetarian capsule (hypromellose, water).
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.

WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

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