

CODE 2007

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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. Clinical studies suggest that Beta-Alanine supplementation can increase muscle Carnosine content and delay muscle fatigue.*

SUGGESTED USAGE: As a dietary supplement, take a level 1/2 teaspoon (2.0 g) 4 to 6 times daily. Mix into 8 fl. oz. of water or your favorite beverage. For best results, allow at least 2 hours between doses. We recommend taking this product in combination with a NOW® Creatine supplement.

Beta-Alanine

100% Pure Powder

- Supports Muscular Endurance
- Helps Delay Muscle Fatigue*
- High Potency

Net Wt. 500 g (17.6 oz.)

A Dietary Supplement Vegetarian Product



Supplement Facts

Serving Size: Level 1/2 Teaspoon (2.0 g)

Servings Per Container: 250

Amount Per Serving

Beta-Alanine 2.0 g (2,000 mg)*

* Daily Value not established.

Other ingredients: None.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomington, IL 60108

Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. **Vegetarian/Vegan Product.**

Caution: 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.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.