

Directions: Take 1 serving with an 8 oz. glass of water 2 times daily. On training days, we recommend taking 1 serving approximately 30 minutes before exercise.

Beta Alanine provides additional benefits when paired with creatine. One study showed that supplementation with both beta alanine and creatine produced a synergistic effect. Total power output was dramatically increased, while fat-free mass gain, strength increases and body fat reductions were greater than with creatine supplementation alone. Beta alanine also buffers muscle tissue from acidity, thereby delaying muscular failure and potentially allowing you to workout harder and/or longer. Selected References are available at ultimatenutrition.com.

- Do not use if seal is broken or missing
- Keep out of reach of children
- Protect from heat, light, and moisture
- Store in a cool, dry place; 15-30°C (59-86°F)
- Consume entire container within 30 days of opening

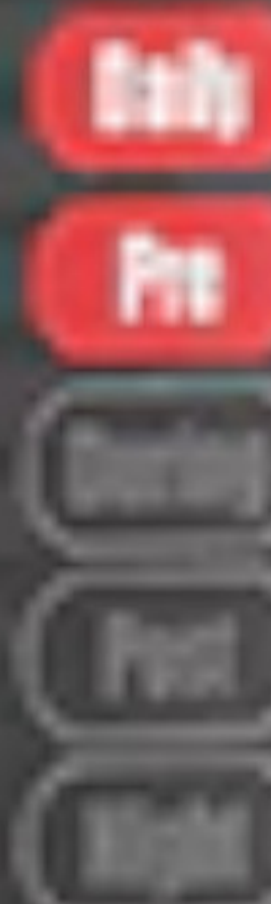


ULTIMATE
NUTRITION

PLATINUM SERIES

BETAK

Build Lean Muscle*
Fight Lactic Acid Buildup*
Increase Power Output*



Pre-Workout Supplement
200 Capsules 750mg

Supplement Facts

Amount per serving: 4 Capsules
Servings per container: 50

Amount per serving	% Daily Value*
Beta Alanine 1500mg	†
Creatine Monohydrate 1500mg	†

† Daily Value not established

Other ingredients: Gelatin and magnesium stearate.

Distributed by Ultimate Nutrition, Inc.
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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.