



THE TRUE STRENGTH OF MUSCLE STAMINA

During high-intensity training, glucose and glycogen are broken down for energy. In the process, hydrogen ions (H+) are also produced within the muscles. H+ accumulation causes the muscles to become more acidic and ultimately leads to fatigue. Packed with Beta-Alanine, Histidine, and Phosphates our Beta-Alanine Powder formula is designed to help boost your intramuscular buffering system so you can train harder, longer.†

Carefully Manufactured
in the  by: 
Sunrise, FL 33325
Consumer Affairs
(833) 238-0097
TrueStrength.com
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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.

DIRECTIONS: Add 1 scoop of Beta-Alanine Powder to a glass or shaker cup filled with 6-8 oz of cold water or your favorite beverage. Mix or shake thoroughly for 15-20 seconds or until completely dissolved.

SUGGESTED USE: Consume one serving first thing in the morning and a second serving approximately 30 minutes before your workout (or mid-afternoon on non-training days). **TIPS:** The first few times you use it, Beta-Alanine Powder may cause a tingling sensation on your skin. With continued use, the intensity of the sensation will decrease or disappear. For best results, use Beta-Alanine Powder continuously for at least 8 weeks.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTH CARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT OR NURSING A BABY, UNDER 18 YEARS OF AGE, HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, AND/OR IF YOU ARE TAKING ANY PRESCRIPTION OR OTC MEDICATIONS.

STORE TIGHTLY-CLOSED CONTAINER IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



UNFLAVORED

BETA-ALANINE POWDER

1.6G

BETA ALANINE

0G

SUGAR

75

SERVINGS



WITH HISTIDINE AND ELECTROLYTES

MUSCLE FATIGUE FIGHTER†



Supplement Facts

Serving Size 1 Scoop (2.7 g)
Servings Per Container 75

| Amount Per Serving | | % Daily Value |
|--|--------|---------------|
| Calories | 0 | |
| Total Carbohydrate | 0 g | 0%* |
| Phosphorus (as dimagnesium phosphate, monosodium phosphate, dipotassium phosphate) | 70 mg | 7% |
| Magnesium (as dimagnesium phosphate) | 15 mg | 4% |
| Sodium (as monosodium phosphate) | 20 mg | 1% |
| Potassium (as dipotassium phosphate) | 55 mg | 2% |
| CarnoSyn® Beta-Alanine | 1.6 g | ** |
| L-Histidine | 550 mg | ** |

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Silicon Dioxide.



Nutritional uses of L-alanine are licensed from Natural Alternatives International, Inc. under US Patents #5,965,596; 6,172,090 and 6,680,294.



11-221-004

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

DIETARY SUPPLEMENT NET WT. 203 G (7.15 OZ.)