

BETA-ALANINE OVERVIEW

Beta-Alanine is considered to be the 'new creatine' in sports performance; not because it can replace the proven strength/muscle builder, but because it is proven to boost performance and muscular endurance for high intensity exercise. Whereas creatine is considered ideal for boosting absolute strength, Beta-Alanine is considered ideal for the higher intensity rep ranges because of its ability to buffer lactic acid. Beta-Alanine is a non-essential amino acid that is used by muscle cells to synthesize carnosine which 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 delay muscle fatigue.¹

POTENTIAL BENEFITS OF BETA-ALANINE SUPPLEMENTATION

- 1,600-3,200mg of Beta-Alanine is the ideal serving size.¹
Stellingwerff T, et al. Effect of two β -alanine dosing protocols on muscle carnosine synthesis and washout. Amino Acids. 2011 Aug 17
- Beta-Alanine improves performance in football players and wrestlers.¹
Kern BD, et al. Effects of β -alanine supplementation on performance and body composition in collegiate wrestlers and football players. J Strength Cond Res. 2011 Jul;25(7):1804-15



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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.



KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE.

Formulated, tested and certified exclusively by Betancourt Nutrition, Inc.,
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BETA-ALANINE

CARNOSYN®

**Supports Endurance
Lean Muscle
and Strength†**

**Promote an Increase in Training
Capacity & Musclemass†**

100% PURE CGMP PHARMACEUTICAL GRADE†

**POWDER
DIETARY SUPPLEMENT**

**2000 mg
Per Serving
Net WT. 10.58 oz
(300g)**

SUPPLEMENT FACTS

Serving Size: 1/2 Scoop (Approx. 2g)
Servings Per Container: 150

Amount Per Serving	% Daily Value
Beta Alanine (as Carnosyn®)	2000 mg **

* Percentage Daily Values based on a 2000-Calorie diet.

** Daily Value not established

RECOMMENDED DOSAGE:

Take one or two servings 20-30 minutes prior to training, with juice or a pre-workout sports drink. Take one serving twice daily on non-training days as well, with or without food. Begin with one-half serving twice daily to assess your tolerance as beta alanine may produce a slight and harmless flushing and/or prickly sensation that will subside within minutes of use.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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BETA-ALANINE POWDER is manufactured in an NSF certified cGMP facility in Miami, Florida. This ensures that our facilities comply with all Food and Drug Administration regulations and requirements for the manufacturing of nutritional supplements. Every single raw material used in our products is identity tested before production at a minimum and all finished products are submitted to rigorous quality control and assurance processes and procedures prior to being released to inventory. Guaranteeing the quality and safety of every bottle of Betancourt Nutrition product continues to be at the core of our business and our vision.

POTENTIAL BENEFITS OF BETA-ALANINE SUPPLEMENTATION

- Beta-Alanine reduces acidosis during exercise.¹
Baquet A, et al. Beta-alanine supplementation reduces acidosis but not oxygen uptake response during high-intensity cycling exercise. Eur J Appl Physiol. 2010 Feb;108(3):495-503. Epub 2009 Oct16
- Beta-Alanine improves cycling performance.¹
Van Thienen R, et al. Beta-alanine improves sprint performance in endurance cycling. Med Sci Sports Exerc. 2009 Apr;41(4):898-903
- Beta-Alanine improves performance and lean body mass.¹
Smith AE, et al. Effects of beta-alanine supplementation and high-intensity interval training on endurance performance and body composition in men: a double-blind trial. J Int Soc Sports Nutr. 2009 Feb 11;6:5.

PERFORMANCE ENHANCER FOR MUSCULAR ENDURANCE†