

SUGGESTED USAGE: Take 3 capsules 2 to 3 times daily with water or your favorite beverage. For best results, allow at least 2 hours between doses.

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.* NOW Sports uses CarnoSyn®, a proprietary form of beta-alanine that has been clinically tested and shown to increase muscle carnosine content, allowing muscles to work harder and longer during intense exercise.* NOW® Sports Beta-Alanine is backed by scientific research demonstrating that CarnoSyn® supplementation results in delayed muscle fatigue and rapid recovery time, thereby helping you attain your strength and endurance training goals.*

Caution: For adults only. 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. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Code 2008BN V10



BETA ALANINE

ENDURANCE*



120 VEG CAPSULES
A Dietary Supplement



Supplement Facts

Serving Size 3 Veg Capsules
Servings Per Container 40

Amount Per Serving

CarnoSyn® Beta-Alanine	2.25 g (2,250 mg)**
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** Daily Value not established.

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Ascorbyl Palmitate.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural Alternatives International (NAI) is the owner of registered trademark CarnoSyn®.

Store in a cool, dry, dark place after opening.

*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.