

SUGGESTED USAGE: Take 1/2 level teaspoon 3 to 4 times daily. Mix into 8 oz. of 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 patented 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.

Code 2007N v12



BETA-ALANINE POWDER

ENDURANCE*

PURE
POWDER

MUSCULAR
ENDURANCE*

DELAYS
MUSCLE
FATIGUE*

NET WT. 500 G (17.6 OZ.)

A Dietary Supplement



Supplement Facts

Serving Size 1/2 Level Teaspoon (approx. 2 g)
Servings Per Container about 250

Amount Per Serving

CarnoSyn® Beta-Alanine 2 g (2,000 mg)**

** Daily Value not established.

Other ingredients: None.

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

Packaged and quality tested in the USA.

Not manufactured with yeast, wheat, gluten, soy, corn, 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 patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

*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.

Natural color variation may occur in this product.

Do not eat freshness packet enclosed.

This product is sold by weight not volume.

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