

KEEP OUT OF REACH

OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

ACTUAL SIZE



**GNC**  
**PRO**  
**PERFORMANCE**

**3200MG<sup>†</sup>**  
BETA-ALANINE

<sup>†</sup>PER 4 CAPLETS

**BETA-ALANINE**

Boosts Muscle Carnosine Levels, a Key  
Fatigue-Controlling Factor\*

Clinically Studied Muscle pH Buffer\*

DIETARY SUPPLEMENT  
120 CAPLETS/30-DAY SUPPLY

\* 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.

CODE 988012

EYG

**DIRECTIONS:** As a dietary supplement, take two caplets twice daily with food. For best results, take two caplets two hours before exercise and two caplets two hours after exercise.

## Supplement Facts

| Serving Size              | Two Caplets | Four Caplets |
|---------------------------|-------------|--------------|
| Servings Per Container    | 60          | 30           |
| <b>Amount Per Serving</b> |             |              |
| Beta-Alanine              | 1600 mg*    | 3200 mg*     |

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Stearic Acid, Hydroxypropyl Methylcellulose and Less than 2%: Acetylated Monoglycerides, Caramel Color, Carnauba Wax, Mica, Polyethylene Glycol, Polysorbate 80, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

**⚠ WARNING:** Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

For adult use only. Taking this product may cause tingling and flushing sensations. These sensations may be enhanced if taken close to or during exercise.

No Artificial Flavors, Gluten Free.

Beta-Alanine as CarnoSyn®. Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.



Lot No./Best By: