

MTS Nutrition Beta-Alanine is a precursor to carnosine, a lactic acid buffering agent, that is important for carnosine synthesis. By increasing carnosine in your muscle tissue you can increase your peak performance and speed up muscle recovery. Beta-Alanine is able to assist in this process by combining with your body's naturally occurring histidine. Beta-Alanine is so effective in supplementation that it has been shown to increase carnosine levels more effectively in contrast to taking fully formed carnosine.*



**ENHANCED
RECOVERY**



NO FILLERS



**INCREASED
POWER**

**FDA
INSPECTED
FACILITY**

**MADE IN A
GMP
FACILITY**

**100%
SATISFACTION
GUARANTEE**

*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.



BETA-ALANINE

100% BETA-ALANINE*

UNFLAVORED

2G
PER SERVING

ZERO
FILLERS

100
SERVINGS

DIETARY
SUPPLEMENT
NET WEIGHT:
7.1 oz (200g)

Supplement Facts

Serving Size: 2 Scoops (2g)
Servings Per Container: 100

	Amount Per Serving	%DV
Beta-Alanine	2 g	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: None.

Directions for use: Begin by consuming 1 scoop to assess tolerance. Any extra sensory effects of the skin while using Beta-Alanine are normal and may subside after continuous use. Mix 1-3 scoops with 6-8oz of water or your beverage of choice 20-30 minutes before your workout. Consume at least one serving on your non-training days as well at any time. Beta-Alanine can be used any time during the day.

Warning: Read entire label prior to use. Not for use by individuals under the age of 18. Do not use if you are pregnant or nursing. Consult your physician prior to use if you are using any medications and/or have any medical conditions. Discontinue use and call a physician or licensed qualified health care professional immediately if adverse reactions occur. Do not exceed recommended serving. Keep out of reach of children.



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