



# BETA- ALANINE

INCREASES MUSCLE STRENGTH  
AND ENDURANCE  
DELAYS MUSCLE FATIGUE

NET WT. 5.1 oz. (144 g) • DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Scoop (1.6 g)

Servings Per Container 90

|                          | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------|-----------------------|------------------|
| Beta-Alanine (CarnoSyn®) | 1600 mg               | *                |

\* Daily Value not established.

Other ingredients: None

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Flavors or Colors.

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.

**DIRECTIONS:** As a dietary supplement, mix 1 - 2 scoops of beta-alanine with 6-8 oz. of water or your favorite beverage. For best results, use immediately before training. Can also be used throughout the day.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

CarnoSyn® is a registered trademark of Natural Alternatives International Inc.

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

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Secaucus, NJ 07094  
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or call 1-800-223-1216  
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VS-2699  
1991306

**CarnoSyn**  
Carnosine Synthesizer

