

THE TRUE STRENGTH OF MUSCLE STAMINA

During high-intensity training, glucose and glycogen are broken down for energy. In the process, hydrogen ions (H⁺) are also produced within the muscles. H⁺ accumulation causes the muscles to become more acidic and ultimately leads to fatigue. Packed with Beta-Alanine, Histidine, and Phosphates our Beta-Alanine Powder formula is designed to help boost your intramuscular buffering system so you can train harder, longer.[†]

Carefully Manufactured
in the  by: 

Sunrise, FL 33325
Consumer Affairs
(630) 236-0097
TrueStrength.com
©2011 OPTIMUM NUTRITION, INC

DIRECTIONS: Add 1 scoop of Beta-Alanine Powder to a glass or shaker cup filled with 6-8 oz of cold water or your favorite beverage. Mix or shake thoroughly for 15-20 seconds or until completely dissolved.

SUGGESTED USE: Consume one serving first thing in the morning and a second serving approximately 30 minutes before your workout (or mid-afternoon on non-training days). **TIPS:** The first few times you use it, Beta-Alanine Powder may cause a tingling sensation on your skin. With continued use, the intensity of the sensation will decrease or disappear. For best results, use Beta-Alanine Powder continuously for at least 8 weeks.

KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTH CARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT OR NURSING A BABY, UNDER 18 YEARS OF AGE, HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, AND/OR IF YOU ARE TAKING ANY PRESCRIPTION OR OTC MEDICATIONS.

STORE TIGHTLY-CLOSED CONTAINER IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



FRUIT FUSION

Naturally and Artificially Flavored

BETA- ALANINE POWDER

WITH HISTIDINE AND ELECTROLYTES

MUSCLE FATIGUE FIGHTER[†]



1.6G

BETA ALANINE

0G

SUGAR

75

SERVINGS



Supplement Facts

Serving Size 1 Scoop (3.5 g)
Servings Per Container 75

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Phosphorus (as dimagnesium phosphate, monosodium phosphate, dipotassium phosphate)	70 mg	7%
Magnesium (as dimagnesium phosphate)	15 mg	4%
Sodium (as monosodium phosphate)	20 mg	1%
Potassium (as dipotassium phosphate)	55 mg	2%
CarnoSyn® Beta-Alanine	1.6 g	**
L-Histidine	550 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Malic Acid, Natural & Artificial Flavors, Silicon Dioxide, Citric Acid, Beet Powder, Tartaric Acid, Sucralose, Yellow #5 & 6.



Nutritional uses of β-alanine are licensed from Natural Alternatives International, Inc. under US Patents #5,965,596; 6,172,098 and 6,680,294.



11-221-105

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

DIETARY SUPPLEMENT NET WT. 263 G (9.26 OZ.)