



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 Per Serving	% Daily 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 scoop of beta-alanine with 6-8 oz. of water or your favorite beverage. For a more intense workout, add a second scoop of powder. 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.

CarnoSyn
Carnosine Synthesizer

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

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.bodytech.com
or call 1-800-223-1216
for more information and to reorder.

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