



Beta-Alanine

Pure Powder

- Supports Muscular Endurance*
- Helps Delay Muscle Fatigue*

CarnoSyn®
Carnosine Synthesizer

Net Wt. 500 g (17.6 oz.)
A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1/2 Level Teaspoon (approx. 2 g)
Servings Per Container about 250

Amount Per Serving

CarnoSyn® Beta-Alanine	2 g (2,000 mg)*
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* Daily Value not established.

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowsportsproducts.com

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

*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.

SUGGESTED USAGE: Take a 1/2 level teaspoon 3 to 4 times daily. Mix into 8 fl. oz. of water or your favorite beverage. For best results, allow at least 2 hours between doses.

Beta-Alanine is a non-essential amino acid that is used by muscle cells to synthesize carnosine.* Carnosine is a dipeptide (Beta-Alanine plus Histidine) that functions as a buffer for the hydrogen ions (acid) produced during strenuous exercise, thus helping to maintain optimum muscular pH.* NOW uses CarnoSyn®, a patented form of Beta-Alanine that has been clinically tested and shown to increase muscle carnosine content, allowing muscles to work harder and longer during intense exercise.* NOW® Beta-Alanine is backed by scientific research demonstrating that CarnoSyn® supplementation results in delayed muscle fatigue and rapid recovery time, thereby helping you attain your strength and endurance training goals.*

Caution: For adults only. Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. After a few weeks of supplementation with Beta-Alanine, this sensation normally lessens or subsides. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



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