

now
SPORTS

Beta-Alanine

750 mg

- Supports Muscular Endurance*
- Helps Delay Muscle Fatigue*

CarnoSyn
Carnosine Synthesizer

120 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 3 Capsules
Servings Per Container 40

Amount Per Serving

CarnoSyn® Beta-Alanine	2.25 g (2,250 mg)*
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* Daily Value not established.

Other ingredients: Rice Flour, Gelatin (capsule), Stearic Acid (vegetable source) and Ascorbyl Palmitate.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowsportsproducts.com

Not manufactured with yeast, wheat, gluten, soy, 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®.

Store in a cool, dry, dark 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 3 capsules 2 to 3 times daily with 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. Natural color variation may occur in this product.



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