

About Blonyx BETA-Alanine

Beta-alanine is one of the most researched supplement ingredients proven to improve athletic performance. Research shows that:

- **Beta-alanine** enhances muscular endurance. It does this by being turned into carnosine in the muscle which, in turn, buffers acid build up¹.
- **Beta-alanine** is a naturally occurring substance needed by the body to maintain muscle acid buffer levels. We get beta-alanine from eating meat and fish¹.

At Blonyx we believe that supplements should only contain simple, proven ingredients without unnecessary sugars, sweeteners or other additives.

Find out more at www.blonyx.com



¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Net Wt 6.4 oz
(180g)**

Blonyx

**BETA
Alanine**

**Dietary
Supplement**

Directions: To benefit from taking beta-alanine you require 6g a day. To achieve this take one scoop twice a day (one am, and one pm). Do not exceed the recommended serving. This tub contains a 30 day supply.

Supplement Facts

Serving size: One level scoop (3g)

Servings per container: 60

Amount Per serving	Daily Value	
Beta-Alanine	3g	†

† Daily value not established.

KEEP OUT OF REACH OF CHILDREN.

This product is not intended for children, pregnant or breastfeeding women.

People with known medical problems should consult their physicians prior to using this product, as they should with all dietary supplements.

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