

Suggested Use: As a dietary supplement, take one capsule approximately 20-30 minutes prior to your workout and again immediately after exercise. Take twice daily between meals on non-training days to retain increased levels. Begin with one serving (one capsule) to assess your tolerance as beta-alanine may cause a tingling for some users. With continued use, the intensity of the sensation will decrease or disappear.

Beta-Alanine is a modified version of L-Alanine, a non-essential amino acid. Beta-Alanine is converted into carnosine via the histidine amino acid group via the enzyme carnosine synthetase. Carnosine itself is a dipeptide, high levels are commonly found in skeletal muscles but also found in the brain and cardiac muscle. It may play a role in acid base equilibrium maintenance (buffering H⁺ ions). The increase of carnosine in the cells may protect against diet-induced drops of pH (which occurs from ketone production in ketosis), as well as provide protection from exercise-induced lactic acid production.[†]

LAB TESTED FOR
PURITY & QUALITY



NO ADDED FILLERS | NO FLOW AGENTS | NO DRIERS

250
CAPSULES

VEGICAPS



BETA-ALANINE 800MG CAPSULES

ENHANCES MUSCULAR ENDURANCE AND RECOVERY[†]

PROMOTES HIGH INTENSITY WORKOUTS[†]

IMPROVED MUSCLE CARNOSINE LEVELS[†]

REDUCTION IN MUSCULAR FATIGUE[†]

DIETARY SUPPLEMENT
250 COUNT

Supplement Facts

Serving Size: 1 capsule
Servings per container: About 250

	Amount Per serving	% Daily Value
Beta-Alanine	800 mg	*

* Daily Value Not Established

Manufactured For:
Supplement Partners, LLC.
3820 W Happy Valley Rd Ste 141- #420
Glendale, AZ 85310

For Questions or Concerns
Contact Us At
Support@MuscleEmpire.com

STORE IN A COOL, DRY PLACE

DO NOT USE OR CONSUME
IF SEAL IS BROKEN

Ingredients: Beta-Alanine Powder

Other Ingredients: Vegetable Cellulose (Capsule)

Allergens: This product contains **NO** Soy, Dairy & Byproducts, Eggs, Fish, Shellfish, Wheat, Gluten, Tree Nuts, or Sesame Seeds.

[†] These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any diseases.

WARNING: Keep out of the reach of children. Do not take this or any other supplement if under the age of 18, pregnant or nursing a baby, or if you have any known or suspected medical conditions and/or taking prescription drug(s) or OTC medication(s). Always consult with a qualified health physician before taking any new dietary supplement.