

Suggested Use: As a dietary supplement, take one serving (1 scoop) with 8-16 ounces of water or suitable beverage. Taken once 15-30 minutes prior to exercise and again immediately after exercise.

Continue to consume twice daily between meals on non-training days to retain increased levels. Begin with one serving (1 scoop) to assess your tolerance before increasing serving size 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.[†]



PART# 82530-S005T VER. 2.0 REV 07.14.2015



BETA-ALANINE
1000mg PER SERVING

100% PURE POWDER

- REDUCTION IN MUSCULAR FATIGUE[†]
- PROMOTES HIGH INTENSITY WORKOUTS[†]
- IMPROVED MUSCLE CARNOSINE LEVELS[†]
- ENHANCES MUSCULAR ENDURANCE AND RECOVERY[†]

UNFLAVORED

500
servings

Dietary Supplement Net Wt. 500g (1.10 lb.)

SUPPLEMENT FACTS

Serving Size: 1 scoop (1g)
Servings Per Container: About 500

	Amount Per Serving	% Daily Value
Beta-Alanine	1000mg	*
*Daily Value Not Established		

Ingredients: Beta-Alanine Powder

Other Ingredients: None

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

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.

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

STORE IN A COOL, DRY PLACE. DO NOT USE OR CONSUME IF INNER SEAL IS BROKEN.

SERVING SCOOP INCLUDED (MAY SETTLE DURING SHIPPING)

Scoop inside

Lot Number

Expiration Date

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

