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Suggested Use: As a dietary supplement, take one serving (1 capsule), 1 - 2 times daily, once 15 - 30 minutes prior to exercise and again immediately after exercise.

† 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.



**BETA
ALANINE**

800 mg

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

**250 COUNT CAPSULES
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 250

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

* No Daily Value Established

** Based on a 2,000 calorie diet

Other Ingredients: Vegetarian Cellulose (capsules).

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

Storage: Store in a cool, dry place.

THIS CONTAINS **NON-GMO** INGREDIENTS

Guardian Wholesale

1607 West Whispering Wind Drive - Phoenix AZ, 85085

For additional information or for products not shown please contact us at:

1 (866) 961-8378 or Support@HardRhino.com

DO NOT USE OR CONSUME IF SEAL IS BROKEN.

