

AST
SPORTS SCIENCE

BIO
Active

160
Servings

Faster
Absorbing
Powder
Formula

BETA-XTM

HIGH PERFORMANCE BETA-ALANINE POWDER[†]

LEAN MUSCLE • STRENGTH • ENDURANCE • POWER[†]

DIETARY SUPPLEMENT Net wt: 160 grams

BETA-XTM is a new, high-performance supplement designed with CarnoSyn[®], patented beta-alanine, to increase anaerobic capacity of working muscles. Studies have shown supplementing with CarnoSyn[®] increases strength, increases lean muscle, enhances endurance, delays fatigue, increases physical working capacity and decreases body-fat. †

BETA-XTM is specially designed powder formula to provide continual muscle tissue saturation of Beta-Alanine for maximum results. †

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn[®].

CarnoSyn[®]
Carnosine Synthesizer

Supplement Facts

Serving Size: **1 gram** (1 scoop)

Servings Per Container: **160**

Amount per Serving	%DV/RDI
CarnoSyn [®] Beta-Alanine (98%)	1000 mg *

*Daily Value/or Recommended Daily Intake not established.

Recommended Use:

Muscle Tissue Saturation Phase

Week 1 through 4 - take two (2) scoops **BETA-X**TM powder 3 times per day (every 4 to 6 hours).

Muscle Tissue Support Phase

Week 5 and beyond - take one (1) scoop **BETA-X**TM powder 3 times per day (every 4 to 6 hours).

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