

PROLAB® Beta Alanine Powder is 100% pure, flavorless beta alanine with no fillers or additives. Beta alanine floods the muscles with the specialized amino acid carnosine to work as a buffer against lactic acid and hydrogen ions (H+), which cause muscle acidity and fatigue. It is this lactic acid buildup that causes the burn and muscle fatigue often felt during high intensity exercise. Buffering the muscle acidity can help allow you to train at a higher intensity for a longer period of time before fatigue sets in and may yield a few more growth-stimulating reps. **PROLAB Beta Alanine Powder** also supports prolonged stamina and can help reduce muscle soreness both during and after training allowing for faster recovery time between sets and between workouts.[†] You do your part. We'll do ours.®

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^{*}This product is to be used in conjunction with a healthy diet and exercise regimen.

[†]Clinical trials were conducted with 800mg servings 4x per day as well as a loading dose phase of 6.4g per day for 6 days.



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

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DIETARY
SUPPLEMENT
NET WT. 6.70Z (192G)

PROLAB

PERFORMANCE SIMPLIFIED®

BETA ALANINE POWDER

**ENDURANCE
RECOVERY
STAMINA**

DELAYS MUSCLE
FATIGUE^{††}

Directions: Mix 1/2 teaspoon (1.6 g) with water, juice or your favorite pre-workout drink, two times daily. On training days - to help maintain optimal muscle pH, take 1 serving prior to your workout. After training, mix one additional serving to optimize recovery.

Supplement Facts

Serving Size ½ Teaspoon (Approximately 1.6 g)

Servings Per Container Approximately 120

Amount Per Serving	% DV ^{††}
CarnoSyn® Beta Alanine	1.6 g **

^{††}Percent Daily Values are based on a 2000 calorie diet.

^{**} Daily Value (DV) not established.

Other Ingredients: None.

NO: Yeast, Corn, Wheat, Egg, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

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

MADE IN USA

Manufactured exclusively for: **PROLAB Nutrition LLC**
Chatsworth, CA 91311 • USA • 1-800-PROLAB1

NO
UV

LOT/EXP: