

**PROLAB® Beta Alanine Extreme®** is a dynamic blend of CarnoSyn® beta alanine and the amino acid L-Histidine designed to delay muscle fatigue and help extend high intensity training sessions. Beta alanine helps flood the muscles with the specialized amino acid carnosine to work as a buffer against lactic acid buildup. Carnosine is an amino acid found in Type II or "fast twitch" muscle fibers - the ones that produce explosive power. Buffering 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 Extreme®** also supports prolonged stamina and can help reduce muscle soreness both during and after training allowing for more efficient recovery time between sets and between workouts.† You do your part. We'll do ours.®

**JOIN THE PROLAB NATION : [www.prolab.com](http://www.prolab.com)**

\*This product is to be used in conjunction with a healthy diet and exercise regimen.  
†With a loading dose of 6,400mg per day for 6 days.

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

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**PROLAB**  
PERFORMANCE SIMPLIFIED®

# BETA ALANINE EXTREME®

DIETARY  
SUPPLEMENT  
240 CAPSULES

**ENDURANCE  
RECOVERY  
STAMINA**

DELAYS MUSCLE  
FATIGUE††

**Directions:** Take 2 capsules, four times daily, with a meal.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 120

Amount Per Serving	(2 Capsules)	Per Day (8 Capsules)
CarnoSyn® Beta Alanine	800 mg*	3,200 mg*
L-Histidine	75 mg*	300 mg*

\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin, Silica, Magnesium Stearate, Water.

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar 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.

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

NO  
UV

LOT/EXP: