

interACTIVE
NUTRITION



BETA-ALANINE

FOR MAXIMUM MUSCLE ENDURANCE

BETA ALANINE™
is available in 500g and 200 capsules

Recommended Use or Purpose:

Improves endurance and performance during high intensity exercise.

Ingredient Info

	Per 1 scoop (2g) powder	Per 1 capsule
Beta-Alanine (3-aminopropanoic acid)	2g	750mg

Dose (adults):

Week 1 - Week 2: Take 1 scoop 2 hours prior to exercise and 1 scoop after exercise

Week 3 - Week 4: Take 2 scoops 2 hours prior to exercise and 2 scoops after exercise

Cycle may be repeated after a 2 week rest period.

Direction of use: Mix with 125mL cool water and drink immediately.

Cautions: Not intended for children, pregnant or breastfeeding women. People with medical conditions should consult a health care practitioner before consuming this product. Consult a health care practitioner for long-term consumption. Should not exceed 4 scoops per day.

References

1. Derave W, Ozdemir MS, Harris RC, Pottier A, Reyngoudt H, Kopko K, Wise JA, Achten E. beta-Alanine supplementation augments muscle carnosine content and attenuates fatigue during repeated isokinetic contraction bouts in trained sprinters. *J Appl Physiol.* 2007 Nov;103(5):1736-43. Epub 2007 Aug 9.
2. Hill CA, Harris RC, Kim HJ, Harris BD, Sale C, Boobis LH, Kim CK, Wise JA. Influence of beta-alanine supplementation on skeletal muscle carnosine concentrations and high intensity cycling capacity. *Amino Acids.* 2007 Feb;32(2):225-33. Epub 2006 Jul 28.
3. Stout JR, Cramer JT, Zoeller RF, Torok D, Costa P, Hoffman JR, Harris RC, O'Kroy J. Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. *Amino Acids.* 2007;32(3):381-6. Epub 2006 Nov 30.

- **Boost Muscle Strength and Power**
- **Decrease Muscle Fatigue**
- **Increase Lean Muscle Mass**
- **Improve Anaerobic and Aerobic Endurance**
- **Train Harder and Longer**
- **Precursor to Carnosine**

Beta Alanine™ provides a safe and effective means of satisfying your overall hardcore athletic needs. Research shows that supplementing your training program with Beta Alanine™ can drastically improve muscle strength, size, endurance and lean mass. ¹

Beta Alanine™ is also known as 3-aminopropanoic acid, a non-essential amino acid with a simple chemical structure that allows it to be easily converted into glucose, which is essential for any prolonged physical activity. Whether it's power training or aerobic and anaerobic activity, Beta Alanine™ will provide more fuel for your muscles during grueling workouts.

Beta Alanine™ supplementation also produces higher concentrations of carnosine ², a natural amino acid composed of Beta Alanine™ and histidine commonly found in muscle and brain tissue. Known as a "super antioxidant", carnosine slows aging and helps prevent muscle and neurological disorders. Carnosine buffers hydrogen ions which neutralizes the lactic acid "burn" and simultaneously increases ATP (muscle energy) ³ stores. What does this mean for athletes? Longer and more effective workouts!

Currently, Beta Alanine™ has no known side effects when taken as directed. Whether you are a power lifter, hockey player, cyclist, sprinter or marathon runner, Beta Alanine™ is essential in maximizing your performance and improving your fitness gains.

For further information please contact InterACTIVE Nutrition at:
sales@InterACTIVENutrition.com or **1-888-249-3122**

www.interactivenutrition.com

InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market

