

interACTIVE
NUTRITION™



BETA ALANINE™
is available in 500 g and 200 capsules

BETA-ALANINE™

FOR MAXIMUM MUSCLE ENDURANCE

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

Recommended Use or Purpose:

Improves endurance and performance during high intensity exercise.

Nutrition Facts

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

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 125 mL 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.

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 acids, 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 exhausting workouts.

Beta Alanine™ supplementation also produces higher concentrations of carnosine², 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 neutralize 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

