

# BETA-ALANINE



## ELITE SPORTS

# INCREASE CARNOSINE LEVELS



## LACTIC ACID INHIBITOR

### DESCRIPTION

**BETA-ALANINE** ( $\beta$ -ALA) is a component of the natural peptides carnosine and anserine and also of pantothenic acid. It is synthesized in vivo by degradation of dihydrouracil and carnosine.  $\beta$ -ALA is a limiting precursor of the synthesis rate of carnosine. Muscle acidity is due to the appearance of muscle fatigue in the form of the well-known lactic acid. The  $\beta$ -ALA being a precursor of carnosine causes carnosine to attenuate the negative effects of lactic acid.

That is why the  $\beta$ -ALA has become a very popular supplement between athletes and athletes who seek greater resistance in their training and competitions where the demand for intensity is very high as is bodybuilding, cycling, triathlon, crossfit or athletes of track whether they are sprinters, mid-distance runners or even runners where in their workouts they work in the form of intervals where large amounts of lactate are produced.

The ingestion of beta-alanine occurs in people unaccustomed to its consumption and only in some cases tingling sensation in the fingers and hands, this should not worry because it remits in a few minutes.

**BETA-ALANINE** gives us  $\beta$ -ALA of the highest quality to fulfill our sporting purposes.

### PRESENTATION

Jar of 250 g. Unflavored.

### INGREDIENTS

Beta-alanine. **WARNINGS:** Keep out of the reach of children. Don't exceed the recommended daily dosage. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Store in a cool, dry place. Heat and sunlight may damage the bottle. Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals.

### DIRECTIONS

Mix a daily dose (2.5 g) in 150ml of water 30 minutes before the training and preferably on an empty stomach.

### NUTRITIONAL INFORMATION

Amount per dose.....	Per 2.5 g
Beta-alanine.....	2.5 g

Recommended daily dose: 2.5 g (1/3 scoop).

Dose per container: 100