

BETA ALANINE

ENDURANCE ENHANCED FORMULA

BETA-ALANINE FOOD SUPPLEMENT

WITH TOCOPHEROLS AND RESVERATROL¹



- PRECURSOR TO CARNOSINE¹
- HIGH-INTENSITY WORKOUT
- ANTIOXIDANT ACTION²



PACKAGING: 90 TABLETS, 1500 MG/EACH

RECOMMENDED FOR:

- For those who perform endurance activities
- For those who perform high-intensity workouts
- For those who want to combat lactic acidosis³
- For those looking for a precursor to carnosine¹

WHEN TO USE BETA ALANINE



Warnings: food supplements are not intended to be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. It is not recommended for children and during pregnancy and breast feeding.

Store in a cool dry place away from sunlight and other direct sources of heat. The expiration date applies to the product in its intact container when stored as directed.

*This product is tested free from Nandrolone and Testosterone with their precursors, free from Beta2-agonists, amphetamines and ephedrine.

BETA-ALANINE ALLOWS A CORRECT SYNTHESIS OF CARNOSINE

INFORMATION

GENERAL INFORMATION: β -Alanine¹ is a non-essential amino acid that is vital for the synthesis of Carnosine, a dipeptide highly concentrated in muscles. Carnosine is made up of L-Histidine and β -Alanine, which represents the limiting factor for muscle synthesis.³ The right amount of Carnosine in muscles helps to buffer the lactic acid produced in the muscles during high-intensity and extended exercise.¹ Taking β -Alanine helps achieve the correct synthesis of Carnosine. In this formula,³ the buffering action on lactic acid is also supported by the presence of sodium bicarbonate, which performs an alkalinising activity. Carnosine is also known for its antioxidant action on muscles, in this formula the antioxidant activity is also supported by the presence of Resveratrol (from *Fallopia japonica*)², which in addition to the marked antioxidant effect, supports the proper function of the cardiovascular system. Vitamin B6 contributes to normal energy metabolism and to the reduction of tiredness and fatigue.

HOW TO USE AND DAILY REFERENCE INTAKE

1-2 tablets per day to be swallowed with a glass of water, preferably between meals. Athletes engaged in intensive activity may even take 3-6 grams of Beta-Alanine a day. In such cases it is better to spread the intake throughout the day, taking 1g of beta alanine every 3-4 hours. For maximum effectiveness, 4-8 week cycles are suggested, this helps to obtain the best availability of endogenous carnosine.

INGREDIENTS

Beta alanine¹, bulking agent: cellulose; sodium hydrogen carbonate (sodium bicarbonate)³, stabiliser: hydroxy-propyl-cellulose; mixed tocopherols (D-gamma-tocopherol, D-delta-tocopherol, D-alpha-tocopherol, D-beta-tocopherol), anti-caking agents: silicon dioxide, magnesium salts of fatty acids; resveratrol (from *Fallopia japonica* [Houtt.] Ronse Dec., root)², pyridoxine hydrochloride (vitamin B6).

TYPICAL VALUES

	Per dosis (2 cpr)	NRV% per dosis (1 cpr)
Beta-Alanine	2000 mg	-
Sodium hydrogen carbonate, (sodium bicarbonate)	140 mg	
Mixed Tocopherols	14 mg	
Resveratrol from <i>Fallopia japonica</i> (e.s)	14 mg	
Vitamin B6	0,84 mg	60%

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

BIBLIOGRAPHIC INFORMATION

β -alanine has been shown to increase Carnosine levels, which has a positive effect on anaerobic resistance through its ability to allow a "buffer" effect and therefore delay the onset of lactic acidosis within the muscle cell. The buffer effect that is generated aids muscle performance and endurance during exercise and also plays a significant role in muscle growth and strength. This is a complex mechanism because the action of β -Alanine is indirect and attributable to Carnosine.

1. Harris et al. Effect of Combined β -alanine and creatine monohydrate supplementation on exercise performance. *Medicine & Science in Sports & Exercise*. 35(5) Supplement 1:S218, May 2003.
2. Hill et al. Influence of beta-alanine supplementation on skeletal muscle carnosine concentrations and high intensity cycling capacity. *Amino Acids*. 2007 Feb;32(2):225-33.
3. Robergs et al. Biochemistry of exercise-induced metabolic acidosis. *Am J Physiol Regul Integr Comp Physiol*. 2004 Sep;287(3):R502-16.
4. Robergs RA. Exercise-Induced Metabolic Acidosis: Where do the Protons come from? *Sportscience*, 2001, 5 (2)
5. Harris et al. Carnosine and taurine contents in individual fibres of human vastus lateralis muscle. *J Sports Sci* 16:639-643, 1998.
6. Kendrick et al. The effect of 4 weeks beta-alanine supplementation and isokinetic training on carnosine concentrations in type I and II human skeletal muscle fibres. *Eur J Appl Physiol*. 2009 May;106(1):131-8.
7. Harris et al. The absorption of orally supplied beta-alanine and its effect on muscle carnosine synthesis in human vastus lateralis. *Amino Acids*. 2006 May;30(3):279-89.
8. Green HJ. Mechanisms of muscle fatigue in intense exercise. *J Sports Sci*. 1997 Jun;15(3):247-56.
9. Suzuki et al. High level of skeletal muscle carnosine contributes to the latter half of exercise performance during 30-s maximal cycle ergometer sprinting. *Jpn J Physiol*. 2002 Apr;52(2):199-205.
10. Harris et al. The distribution of Carnosine in different muscle fibre types with beta alanine supplementation. *FASEB J*. 19(5) II 665.36 2005
11. Fowles et al. Human neuromuscular fatigue is associated with altered Na⁺-K⁺-ATPase activity following isometric exercise. *J Appl Physiol*. 2002 Apr;92(4):1585-93.