



Beta Alanine

UNFLAVOURED

Net Weight 400g
per sachet

- 1** Increases muscle carnosine levels
- 2** Improves muscle buffering capacity
- 3** Promotes sprint and power
- 4** Helps athletes who are 'lactic acid producers'



Directions and usage:

Mix approx. 1/3 of a scoop (1.5g) in 150ml of water, juice or your regular shake.
Take 1 - 2 servings per day at times of your choice.

Warnings:

Not suitable for persons under 18 years of age. Please consult your doctor prior to use if you have a medical condition. If pregnant or lactating please consult your doctor prior to use. Keep out of the reach of children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a balanced and varied diet. May cause paraesthesia, i.e. a tingling or numbness of the skin, this is normal and will pass in time.

Suitable for:

Vegetarians, Vegans and Halal

Storage & best before:

Store in a cool dry place out of direct sunlight. For best before end date see back.

