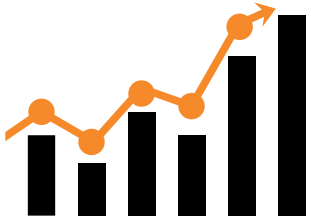


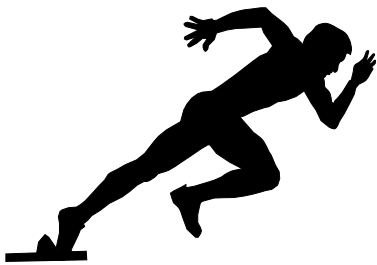
# DID YOU KNOW? BETA - ALANINE

## PERFORMANCE IMPACT



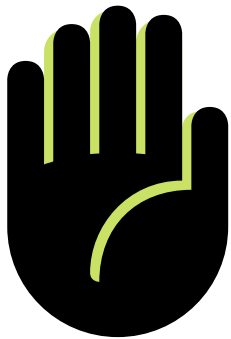
May buffer muscle acid - reduce acidic environment  
Increase muscle carnosine levels - buffering mechanism  
Enhanced muscular endurance - high intensity events  
Delay fatigue/improve performance

## LONG TERM IMPACT



May improve performance - events 1 - 10 min in length  
Reduce fatigue during steady state or intermittent exercise  
Ability to recover between sets faster  
Enhanced repeated high-power output

## DOSE AND USE PROTOCOL



Dependent on individuals tolerance

Consume 4-7 grams/day, split into 2 or 3 doses  
Consume 1 hour prior to training  
For best results - Take for 2-4 weeks every day

## CAUTION



Paresthesia - tingling sensation can be annoying/bothersome  
Be careful with pre-workouts: can contain too much/too little  
**NCAA IMPERMISSIBLE - Taken/provided ONLY by athlete**