

# BETA ALANINE

Increases endurance and delay fatigue

Increases endurance and performance

Speeds recovery

Food supplement made of Beta-Alanine, nonessential amino acid, one of the special position of the amino group, effective ergogenic supplement, increasing muscle strength and antioxidante marked effect.

#### How the Beta-Alanine works:

- Beta-Alanine is an amino acid involved directly with increasing carnosine, dipeptide found in muscle and brain, whose release in the body results in an increased resistance, improved muscle contraction and a delay fatigue.
- Prevents muscle hyper acidity, inhibiting the production of lactic acid, thus increasing performance capacity.
- Good regulator of calcium, induces rapid release of calcium, improving muscle contraction, and increasing training time.
- Reduces oxidative stress, getting increased output and accelerating muscle recovery.



	per 100 g	per 2 capsules
Energy	223,44 Kj/ 53,45 Kcal	4,18 Kj/ 1 Kcal
Carbohydrates	12,83 g	0,24 g
Fat	0 g	0 g
Fibre	0 g	0 g
Beta alanine	85526,74 mg	1600 mg

**PRESENTATION:** 90 capsules

**HOW TO USE?:** Take 2 capsules daily, prior to exercise with a glass of water.

**RECOMENDATION:** Suitable for all kinds of sports including resistance, such as running, cycling, tennis, etc.