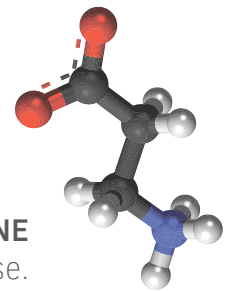


HOW TO USE BETA-ALANINE?

BACKGROUND

Beta-alanine is one of the few dietary supplements for which there is **SCIENTIFIC EVIDENCE** that it has performance-enhancing effects in athletes.

Chronic beta-alanine supplementation will **INCREASE THE CARNOSINE** concentration in muscles, which can delay fatigue from high-intensity exercise.



β-alanine

SUPPLEMENTATION



OPTIMAL DOSE

Total ingestion: 3 – 6 g/day, spread into 3 – 4 doses per day.
For example: 4x 1.2g per day.



DURATION

Beta-alanine will only be effective when continued for at least 4 weeks, and should not be continued longer than 12 weeks.



SIDE-EFFECTS

Use slow-release tablets and do not ingest more than 1.6g per dosing to avoid parasthesia ('pins and needles' feeling in the skin of hands and face). Use a trusted provider who checks for contamination.



TIMING

Most effective when doses are taken together with meals and/or around training sessions.



MAINTENANCE

If continued for longer periods, reduce to maintenance dose of 1.2 g/day.

WHO CAN BENEFIT?

Beta-alanine is most effective for **HIGH-INTENSITY EXERCISES** that last between 1 and 10 minutes.



SPRINT



2000m



100-800m



800-5000m

Both elite and sub-elite athletes can benefit.

