

**WARNING:** This product is only intended to be consumed by healthy individuals 18 years of age or older. This product is not recommended for pregnant or nursing women. Before using this product, consult with your physician, especially if you are using any prescription or over the counter medication or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Immediately discontinue use and consult your health care professional if you experience any adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of the reach of children. Store in a cool, dry place.

**DIRECTIONS:** Take 1 scoop (3200 mg) 30-60 minutes before your workout. For best results, take an additional serving after your workout. Take 1 scoop in the morning and an additional scoop 6-8 hours later on your non-training days. Any tingling (paresthesia) of the skin while using CarnoSyn® Beta-Alanine is normal and may subside after continuous use.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark CarnoSyn®.



# BETA ALANINE

ENDURE • SUSTAIN • PERFORM

DIETARY SUPPLEMENT  
NET WEIGHT 7.5 OUNCES (200 GRAMS)

## Supplement Facts

Serving Size: 1 scoop (3200 mg)  
Servings Per Container: 62.5

	Amount Per Serving	% Daily Value
Beta-Alanine (as CarnoSyn®)	3200 mg	**

\*\*Daily value not established.

Manufactured in a U.S. cGMP Facility.  
Distributed by: Core Nutritionals, LLC, Arlington, Virginia 22203.  
[www.CoreNutritionals.com](http://www.CoreNutritionals.com), [info@corenutritionals.com](mailto:info@corenutritionals.com), (888) 978-2332.

