



MAXIMUSCLE – BETA ALANINE

- 800mg Beta Alanine, per capsule
- Pre-exercise amino acid support
- 120 Capsules per pot
- Suitable for Vegans

HIGH QUALITY AMINO ACID SUPPORT FOR ACTIVE INDIVIDUALS



SUITABLE FOR VEGANS



WHAT IS IT?

Beta Alanine is a naturally occurring amino acid, that when combined with histidine creates carnosine. Carnosine is abundant in the body and is involved in buffering pH exercising levels. Potentially, greater carnosine availability increases pH buffering and allows you to work harder. Beta Alanine is excellent support for power and strength based movements and sports.

WHAT MAKES IT DIFFERENT?

Maximuscle Beta Alanine capsules provide a dose management solution; a more personal and practical approach to supplementation. Beta Alanine tablets are suitable for vegans.

HOW WILL IT HELP ME?

Maximuscle Beta Alanine is traditionally a supplement used in high-intensity power based sports. It should be supplemented daily for a number of weeks. More recently, Beta Alanine has become a pre-workout ingredient due to the effects it creates.

WHEN SHOULD I USE IT?

Take 1 capsule up to 4 times per day. Lowering the dose will reduce paraesthesia (the tingles), a completely safe and normal side effect albeit unusual.

INFORMED-SPORT

The entire Maximuscle range is screened for banned substances and is accredited on the Informed-Sport programme.

KEY NUTRITIONALS

TYPICAL VALUES TAKE UP TO 4 CAPSULES PER DAY	Per capsule
Beta Alanine	800 mg