

ARE YOU LOADING AND DOSING FOR PEAK PERFORMANCE?

ARE YOU UNDERDOSING ON BETA-ALANINE?

69% DON'T KNOW THE CORRECT AMOUNT'

+ Based on survey results from the 2017 Arnold Sports Festival, 69% of people don't know the correct amount of beta-alanine needed to feel its proven benefits



GAIN AN EDGE ON THE COMPETITION

REMEMBER
90/28



- + Load with the scientifically proven dosage of at least **90 grams** of beta-alanine over a **28-day** period (an average of **3.2 grams/day**) to feel its benefits
- + Dose everyday during the loading period, even on non-workout days

TRY
179/28



- + Step up the dosage level to **179 grams** of beta-alanine over **28 days** and amplify your performance (an average of **6.4 grams/day**)
- + Dose everyday during the loading period, even on non-workout days

TWO EFFECTIVE WAYS TO BUILD YOUR BETA-ALANINE LEVELS

STACK IT

Build your beta-alanine levels by stacking

- + Three ways to stack to equal or exceed 3.2-6.4 grams per day:
 - As part of your pre-workout or post-workout
 - As a stand-alone product in a single dose or multiple doses
 - Or in combination

- + Stack with products containing patented form of beta-alanine known as CarnoSyn® or SR CarnoSyn®



MAKE SURE YOU'RE GETTING ENOUGH BETA-ALANINE EVERY DAY TO FEEL ITS PROVEN PERFORMANCE BENEFITS

PROVEN PERFORMANCE DOSING



HIGHER DOSE



HIGHER CARNOSINE RETENTION



ENHANCED PEAK PERFORMANCE

- + Higher doses of beta-alanine leads to higher carnosine levels and retention in the body
- + Higher carnosine levels help:
 - Extend endurance
 - Expedite recovery
 - Enhance mental focus
- + Build muscle faster with clinically-proven dose of beta-alanine

BETA-ALANINE IS SCIENTIFICALLY PROVEN

55+ STUDIES
ATHLETE TESTED
PROVEN BENEFITS



- + Clinically researched
- + Athlete-tested
- + Amplified results

IT'S SIMPLE!

THE MORE BETA-ALANINE YOU TAKE, THE BETTER YOU PERFORM. MAKE SURE YOU'RE GETTING ENOUGH SO YOU DON'T GET LEFT BEHIND.



SHARE THIS INFORMATION WITH YOUR FRIENDS ON SOCIAL MEDIA AND USE #DOSERIGHT TO HELP EDUCATE OTHERS.

