

Proper Loading & Dosing of CarnoSyn® Beta-alanine

Backed by hard science, CarnoSyn® beta-alanine and its companion sustained release formula, SR CarnoSyn®, provide proven results when properly dosed.

Numerous studies have demonstrated that in order to realize enhanced performance benefits, athletes should take beta-alanine for 28 days until they reach a minimum threshold of 90 grams. It has also been scientifically shown that you do not have to take the same amount of beta-alanine each day to reach your performance goals. Proper dosing can be obtained through several methods. Beta-alanine that is often referred to as “instant-release”, can often cause the side effect of paresthesia, a prickling or tingling sensation. Sports nutrition scientists often suggest that users take a lower dosage amount for the first few days to determine their tolerance prior to a move to higher, more effective doses. Once tolerance levels are determined, users can then create their own proper dosing regimen to reach a threshold goal of 90 grams taken over 28 days and, if desired, take more to achieve even higher performance benefits. Unlike some other sports nutrition ingredients, with beta-alanine, more is better.

Here are some examples of proper dosing strategies:

Regiment	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
#1 ¹	1.6g	1.6g	2.4g	3.2g	3.2g	4.8g	6.4g
#2 ¹	2.0g	2.0g	2.0g	3.2g	3.2g	4.8g	6.4g
#3 ¹	3.2g	1.6g (pre-workout) 1.6g (post workout)	3.2g	1.6g (pre-workout) 1.6g (post workout)	3.2g	1.6g (pre-workout) 1.6g (post workout)	4.8g
#4 ¹	3.2g	1.6g (pre-workout) 3.2g (post workout)	3.2g	1.6g (pre-workout) 3.2g (post workout)	3.2g	1.6g (pre-workout) 3.2g (post workout)	3.2g

¹ These regiments to be repeated over 28 days.

Many athletes choose to obtain optimum beta-alanine intake by employing a “loading” phase into their workout regimen by ingesting higher amounts per day for a period of time before reducing the beta-alanine intake amount to a more typical “maintenance” phase. Several peer-reviewed studies have used SR CarnoSyn® to maximize beta-alanine loading with dosage amounts of up to 6.4g. Through the use of this patented sustained release formulation, paresthesia is reduced and higher doses of beta-alanine can be ingested. Some athletes prefer higher doses on training days, while others choose to vary their dosage amount based on daily activity.

Regardless of how the beta-alanine is obtained, whether through a pre-workout, post-workout or standalone product, or a combination, sports nutrition scientists agree that beta-alanine, when taken properly, provides the enhanced performance benefits athletes most desire. CarnoSyn® beta-alanine and SR CarnoSyn® sustained release beta-alanine are the patented forms of beta-alanine that can get you across the threshold and increase performance.



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