Max CarnoSyn® is the only patented and scientifically proven form of beta-alanine for human performance. Max CarnoSyn® is Beta-Alanine (as CarnoSyn®), licensed under Natural Alternatives International, Inc. global estate. It has 21 global patents and supported by over 44 scientific studies of which 41 have been published proving it increases muscle hypertrophy, strength, power output, proton buffering and as an anti-catabolic agent.

Beta-alanine is a naturally occurring beta-amino acid and combines with the amino acid L-histidine to make carnosine in humans. Not to be confused with carnitine, carnosine is highly concentrated in muscle and brain tissues and has many important biochemical and physiological functions. Most important, the availability of beta-alanine is the rate limiting step for the synthesis of carnosine. In muscles, carnosine is concentrated in the “fast-twitch” (Type II) fibers and functions to increase the pH and buffering capacity as a result from the accumulation of lactic acid and the subsequent release of hydrogen/proton ions (H+) during high intensity exercise. Intramuscular acidosis is the main cause of fatigue during intense exercise. Beta-Alanine (as CarnoSyn®) is a powerful and effective ergogenic aid and intracellular antioxidant. Published scientific evidence has proven Beta-Alanine (as CarnoSyn®) to increase muscle carnosine by 80% resulting in increases in muscle strength, muscle power, decreases in acidosis, improvements in muscle endurance, delays fatigue during workouts, supports nitric oxide (NO) production and improves overall workout performance.

Max CarnoSyn® is the best of muscle science to build a better muscle.

**KEY FEATURES**

- Delivers the Efficacious Dose of 3.2g Beta-Alanine (as CarnoSyn®) per Serving.
- Increases Muscle Hypertrophy, Strength and Power.
- Increases Muscle Buffering That Delays Fatigue and Improves Performance.
- Speeds Recovery From Intense Exercise.
- Highly Versatile Ingredients That Can Be Combined with Other Pre-Workout and Performance Supplements.

**KEY MESSAGES**

- Beta-Alanine (as CarnoSyn®) is licensed under Natural Alternatives International, Inc. global estate, it has 21 global patents and supported by over 44 scientific studies of which 41 have been published proving it builds better muscles in a wide range of athletes.
- Beta-Alanine (as CarnoSyn®) is the only patented and scientifically proven form of beta-alanine for human performance.
- Beta-Alanine (as CarnoSyn®) is the precursor to the polyamine carnosine. Carnosine functions as a powerful intracellular buffer and antioxidant.
- Carnosine is highly concentrated in muscles and brain tissues.
- Concentrated in the “fast-twitch” (Type II) fibers of muscles, carnosine functions to increase the pH and buffering capacity in muscles as a result from the accumulation of lactic acid and the subsequent release of hydrogen/proton ions (H+) during high intensity exercise.
- Intramuscular acidosis has been attributed to be one of the main causes of fatigue during intense exercise.
- Beta-Alanine (as CarnoSyn®) has shown to increase muscle carnosine by 80% resulting in increases in muscle strength, muscle power, decreases in acidosis, improvements in muscle endurance, delays fatigue during workouts, supports nitric oxide (NO) production and improves overall workout performance.

†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.
Supplement Facts

Serving Size: 1 Scoop (3.2 g)  Servings Per Container: 60

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-Alanine (as CarnoSyn®)</td>
<td>3.2 g</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Directions: Test your tolerance by mixing 1/2 scoop (1.6 g) with 8-12 oz. cold water, juice or pre-workout beverage. If well tolerated, use 1 scoop (3.2 g) in your beverage. Consume 15-30 minutes prior to your workout. For best results, consume on your non-training days as well.

Other Ingredients: None

Dosing. Research studies on the benefits of CarnoSyn® Beta-Alanine have included a dosage of 3.2-6.4 grams (1-2 scoops) of Max CarnoSyn® per day for at least four weeks. Dosing may also be affected by body weight, so heavier individuals (>200lbs) will require the higher doses. Because beta-alanine supplementation can cause a tingling sensation, called paresthesia, we recommend splitting doses into 1.6-3.2 grams per dose.

Loading. CarnoSyn® Beta-Alanine is a natural supplement that requires a loading phase for optimal effectiveness. A dosage of 3.2-6.4 grams (1-2 scoops) of Max CarnoSyn® per day requires 4-6 weeks to reach maximal muscle carnosine levels.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed health care practitioner prior to use.

This product contains beta-alanine. Beta-alanine may produce a mild tingling effect (paresthesia) or flushing sensation of the skin on initial use. This is similar to the niacin flush and most people are not bothered by this effect. Drinking water can help minimize this sensation. Reducing the serving size or adding more water may also help resolve this.

CarnoSyn® is a registered trademark of Natural Alternatives International (NAI), Inc. USA Patents: 5,965,586; 6,172,098B1; 6,426,361B2

KEY REFERENCES


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