

Beta Alanine 750 mg Gold

DIETARY SUPPLEMENT



Beta-alanine is an amino acid that is produced by the body. It is also found in foods such as meat and fish. In muscles, beta-alanine combines with the amino acid histidine to form the dipeptide carnosine. Histidine is found in the body in abundant quantities, which makes the availability of beta-alanine the limiting factor for carnosine formation. To ensure that there is sufficient beta-alanine available for muscles, many athletes use a supplement containing this amino acid.

Beta Alanine 750 mg Gold is ideal for athletes who perform short bouts of explosive activity, such as sprinters, cyclists, swimmers, and those involved in team sports and strength sports. Beta Alanine 750 mg Gold is a good supplement to use during periods of intensive training or competitions.

Vegans and vegetarians

Since beta-alanine is mainly found in animal products, vegans and vegetarians are dependent upon the production of beta-alanine in their own bodies. This means that vegans and vegetarians generally have lower levels of carnosine in their muscles than people who eat meat (1). A beta-alanine supplement is therefore of particular benefit for vegans and vegetarians.

NZVT Certified

Beta Alanine 750 mg Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Beta Alanine 750 mg Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Take four to eight capsules a day with plenty of water, preferably with a meal. After ten weeks, the dosage can be halved to two to four capsules a day. Use for at least two to four weeks to achieve the desired effect. This product can be combined effectively with Caffeine Gold 50 mg, Creatine Gold, and Sodium Bicarbonate 1200 mg Gold.

Tingling sensation

Beta-alanine can cause a tingling sensation. Although this is not harmful, some may find it unpleasant. This tingling sensation can be prevented by spreading the beta-alanine dosage over the day. Take one capsule at a time with intervals of three to four hours.

Health Claims

- 750 mg beta-alanine per capsule
- Produces carnosine in muscles
- Popular among athletes
- 90 capsules per pack
- Suitable for vegetarians and vegans

Composition per vegetarian capsule

Ingredient	Quantity	% RI	Compound
β-alanine	750 mg	100	
RI = Reference intake / * RI not determined			

Sources:

Everaert, I., Mooyaart, A., Baguet, A., Zutinic, A., Baelde, H., Achten, E., ... & Derave, W. (2011). Vegetarianism, female gender and increasing age, but not CNDP1 genotype, are associated with reduced muscle carnosine levels in humans. *Amino acids*, 40(4), 1221-1229.



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