PRO POWER & MUSCLE

BETA-ALANINE

PREPARE | BEFORE | DURING | AFTER

QUICK INFO

- X LAKTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES

PRODUCT DESCRIPTION

BETA ALANINE from SPONSER® supports in high-intensity activities. Sprints and HI-trainings in power and endurance sports cause an increase of the lactate values and lead to hyperacidity of the muscles. BETA ALANINE is an acid buffer solution and can delay the performance limiting increase of lactate values.

ADVANTAGES

- **Suitable for competition and power athletes in high-intensity, anaerobic lactic sports.**
- **Intracellular acid buffer**
- **Special tablet formulation considering the kinetic properties of Beta Alanine**
- **Classification A of the supplement list***

*Australian Institute of Sport. Classification B of the Swiss Sports Nutrition Society www.ssns.ch

UTILISATION

2 x 2 tablets daily, preferably with a meal. Do not consume more than 8-10 weeks, then discontinue intake for approx. 4 weeks.

Suitable for power sports as well as swimming, athletics, combat sports, skiing, sprint disciplines and short distance endurance sports.

For maximal performance SPONSER recommends a combined usage with Lactat Buffer.

Dietary supplements do not substitute a balanced and varied diet. Do not exceed the stated recommended daily dose. Keep out of children's reach.

INGREDIENTS

Beta-alanine (CarnoSyn®), stabilisers (E464, modified starch, E463), anti-caking agents (E341, E470b, E551), bulking agent E460. 1 tabl. = 1350 mg

AIS: Australian Institute of Sport; **SSNS:** Swiss Sports Nutrition Society

PRO

BETA-ALANINE

PACKAGING

Jar 189 g (140 tablets = 35 daily ratios)

NUTRITION FACTS

Nährwerte/nutrition facts	1 Tagesration/daily ration (4 Tabl.)
Energie/energy kJ (kcal)	16 (4)
Fett/fat	0 g
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g
Kohlenhydrate/carbohydrates	< 0.1 g
davon Zuckerarten/of which sugars	0 g
Ballaststoffe/fibres	1.0 g
Eiweiss/protein	0 g
Salz/salt	0.00 g

Developed and carefully produced in Switzerland.

BETA-ALANINE in tablets. Food supplement.

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