

BETA ALANINE

Serving size: 2 capsules

50 servings

Amount per serving:

Beta Alanine                      1500 mg\*

\*Daily Value Not Established

Other ingredients: gelatin, magnesium stearate, and microcrystalline cellulose.

Suggested Use: Take 1 serving with an 8 oz. glass of water 2 times daily. On workout days, we recommend you take 1 serving approximately 30 minutes before your workout.