

## Klean SR Beta-Alanine

Supports muscle function<sup>‡</sup>

### DESCRIPTION

Klean Athlete® SR Beta-Alanine supports muscle capacity and lessens muscle fatigue to benefit athletic performance. The amino acid beta-alanine supports muscle function by acting as a buffer to delay the onset of muscle fatigue. †

Klean SR Beta-Alanine and the entire Klean Athlete® line have undergone rigorous testing by the NSF Certified for Sport® program which was created to meet the growing demands of athletes, coaches and healthcare professionals to certify that sports supplements are safe and free from banned substances. Every product that carries the NSF Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance

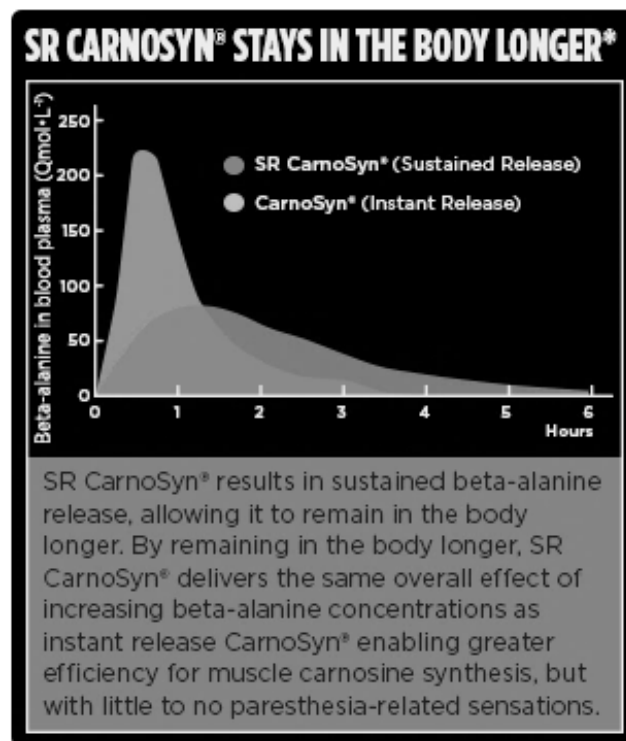
### INDICATIONS

- Supports muscle performance<sup>‡</sup>
- Improves muscular endurance †
- Helps balance pH levels during exercise †

### FUNCTIONS AND MECHANISMS OF ACTION

Carnosine (beta-alanyl-L-histidine) is present in high concentrations of human skeletal muscle. The rate limiting precursor in carnosine synthesis is beta-alanine (BA). Hydrogen (H<sup>+</sup>) ions are produced when lactic acid levels rise during prolonged and intense exercise. The production of lactic acid can also result in higher acidity within the muscle and decreases the ability of the muscle to contract. BA helps balance pH levels during high intensity exercise. Higher carnosine levels in the muscle buffer the production of hydrogen ions. This allows for the muscle to contract with force and maintain endurance by delaying the onset of muscular fatigue. Increased muscle carnosine content is associated with performance enhancement in exercises of short, intense nature and in repeated maximal contraction bouts. Double-blind, placebo controlled human trials have shown that the work capacity of muscles during intense exercise lasting 60-240 seconds was improved in BA compared to placebo, as was exercise of greater than 240 seconds. †

SR CarnoSyn® is a sustained release formula that improves muscle retention of carnosine. The sustained release profile allows for higher BA daily dosage which leads to greater retention of carnosine in the muscle. The greater retention of carnosine leads to higher working capacity of the muscle. Studies published on SR CarnoSyn® beta-alanine have shown that 3.2-6.4 grams/day for 4-6 weeks increases ventilatory threshold, time to onset of muscle fatigue, time to exhaustion, and total work done in cycling exercises in untrained young adult male and female volunteers. †



Reference: Décombaz J, Beaumont M, Vuichoud J, Bouisset F, Stellingwerff T. *Amino Acids*. 2012 Jul;43(1):67-76.

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### FORMULA (#KA202402)

2 tablets contain:

Beta-Alanine (as SR CarnoSyn®)..... 1.6 g

Other ingredients: Hydroxypropyl methylcellulose, dicalcium phosphate, corn starch, microcrystalline cellulose, hydroxypropyl cellulose, vegetable stearate, silicon dioxide.

CarnoSyn® and SR CarnoSyn® are registered trademarks of Natural Alternatives International, Inc.

**Non-GMO, Gluten-free**

### SUGGESTED USE

Take 2 tablets 2 times daily or as directed by a trainer, coach, or healthcare professional.

Athletes may 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 dose of 3.2 g. Several peer-reviewed studies have used SR CarnoSyn® to maximize beta-alanine loading with the dosage amounts of up to 6.4 g. Using this patented sustained release formulation, paresthesia is reduced and higher doses of beta-alanine can be ingested. Once tolerance levels are determined, users can then create their own dosing regimen to reach a threshold goal of 90 grams taken over 28 days.

### SIDE EFFECTS

SR CarnoSyn® is a sustained release beta-alanine formulation designed to slow absorption, improve body retention, and reduce the sensory sensations in the skin known as paresthesia, a common side effect of beta-alanine consumption.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Klean Athlete® SR Beta-Alanine visit [kleanathlete.com](http://kleanathlete.com)**

<sup>‡</sup>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

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