

# Beta Alanine SLOW ABSORPTION

**BETA-ALANINE WITH SLOW RELEASE TO HELP REDUCE PARESTHESIA**



- High quantity of beta-Alanine: 800 mg/tablet
- Slowly absorbed to help reduce paresthesia
- Easy consumption: 2 to 4 tablets daily
- Scientifically proven
- Suitable for Vegans

**Beta Alanine Slow Absorption** is beta alanine in slow absorption tablets that help reduce the side effect of paresthesia.

$\beta$ -alanine is an amino acid structurally similar to L-Alanine, which is synthesized by the liver.  $\beta$ -alanine is not used to form proteins in the human body. Its main role is to serve as a precursor to synthesize carnosine, which is a dipeptide associated with muscular work capacity, particularly during relatively intense and prolonged exercises.

Although carnosine can be consumed from meat and poultry, it is degraded into its precursor amino acids ( $\beta$ -alanine and histidine). Histidine is easily taken up by the muscle but  $\beta$ -alanine requires higher blood concentrations to increase muscle carnosine concentrations. This effect can only be achieved with additional intakes of  $\beta$ -alanine in the form of a dietary supplement and not through a normal diet.

The supplementation with  $\beta$ -alanine improve performance and delays the onset of fatigue. Its effects are especially evident during the following exercise modalities:

- Intense and relatively long continuous exercise from 30 seconds to 10 minutes long
- Intermittent exercises in which high to high intensities alternate with incomplete periods of recovery as in the case of team or combat sports.

The only side effect reported is the paresthesia (tingling of the skin), but studies indicate that this can be alleviated using low doses divided (1,6 grams) or by using a sustained-release formula such as **Beta Alanine Slow Absorption**.

And like all Crown Sport Nutrition® products with the highest quality.

**Ingredients:** Beta-alanine, hydroxyl-propyl-methylcellulose; bulking agent: microcrystalline cellulose; calcium phosphate, anti-caking agents: magnesium stearate, silicon dioxide.

It may contain traces of crustaceans, fish, soy and milk (including lactose).

**Instructions for use:** for 6 weeks, take 4 tablets a day preferably before breakfast or divided into 2 doses. From there, lower the dose to 2 tablets a day.

**Available formats:** Tin of 120 tablets.

## NUTRITIONAL INFORMATION

### Per tablet

### Per serving (4 tablets)

Beta-Alanine

800 mg

3.200 mg