

BETA-ALANINE



Muscular Buffering Agent



Beta-Alanine helps increase physical performance by promoting higher energy levels, delaying muscular failure and supporting maximum muscular output. Beta-Alanine allows you to train harder, longer and more often, which over time will definitely translate into lean, hard muscle growth. That is the bottom line — it helps you train harder.

How does Beta-Alanine work? Ok,

I am going to get a little bit technical here, but bear with me. When you train hard your body produces lactic acid and becomes more acidic due to the large amount of hydrogen ions that are produced. This increase in hydrogen ions causes the pH levels in your muscles to drop. (pH is the measure of acidity in your muscles.) When the pH levels in your muscles drop **it is a bad thing**. As muscle pH drops, the ability for your muscles to perform at their highest level drops too. If you cannot perform and maintain forceful muscular contractions and push your body to the limit, the ability to continually overload muscles and force new gains becomes seriously hindered.

To make matters worse, when you train hard, your ATP is also broken down. (ATP is short for Adenosine triphosphate, which is a primary energy source for your muscles.) The breakdown of ATP causes an even further influx of hydrogen ions, causing the pH level in your muscles to drop even more. I think you can see where I am going here. *What if you*

could stop the increase of the hydrogen ions, which causes the pH levels in your muscles to drop? You would dramatically increase your workout performance!

This is what Beta-Alanine does. When you take Beta-Alanine you increase the amount of carnosine in your muscles. Carnosine then buffers and soaks up the extra hydrogen ions that are created when you train hard. By buffering and soaking up the extra hydrogen ions, carnosine stops the pH levels in your muscles from



Beta-Alanine is all about increasing your performance in the workout itself. Beta-Alanine allows you to train harder, longer and more often, which over time will definitely translate into lean, hard muscle growth.

dropping, **which will dramatically increase the performance of your workout.** Beta-Alanine is a muscular buffering agent and by buffering your muscles from fatigue it helps increase performance.

Solid scientific research has shown that with Beta-Alanine use, in as little as four weeks, muscle carnosine stores can increase by 42-65%. Twelve to fifteen weeks of use have been shown to increase carnosine stores **as much as 80%**. This increase in muscle carnosine and the power of its buffering action is what makes Beta-Alanine work.

The scientific studies have shown that **Beta-Alanine increases strength, power output, endurance, exercise capacity and muscle mass**. It also delays the onset of neuromuscular fatigue. Results can be noticed in as little as two weeks. Recent research is now showing carnosine levels continue to increase for a minimum of 15 weeks. Because of this, it is a good idea to stay on Beta-Alanine for at least 15 weeks to optimize your muscle carnosine levels.

The best time to take Beta-Alanine is before and after your workout. We recommend you take one capsule before your workout and one capsule

after your workout. On non-workout days still take two capsules daily. Take the first capsule with breakfast and the second capsule in the early afternoon on non-workout days. That's it — that's all you have to do to dramatically increase your workout performance.

Don't let this opportunity pass you by! Now is the time to reach your true potential! ACT NOW!

Get your **Beta-Alanine** today at:

HouseOfMuscle.com

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