



Boosts Strength & Enhances Endurance



BETA-ALANINE

Beta-Alanine boosts strength and enhances endurance. *It helps buffer acid buildup in muscles, allowing them to contract with more power and last longer before running out of fuel.*

Beta-Alanine Will:

- **Improve Endurance**
- **Increase Muscle Mass**
- **Boost Strength**
- **Delay Muscular Fatigue**
- **Increase Exercise Capacity**
- **Drastically Improve Workout Performance**

What Is Beta-Alanine?

Beta-Alanine is a non-essential amino acid found in protein rich foods such as chicken, beef, pork and fish. That does not mean, however, that if you eat protein rich foods like chicken, beef, pork, and fish, that you will not benefit from supplementing with Beta-Alanine. This is because our body has the ability to store and utilize more Beta-Alanine than we could ever consume in a normal diet, even if that diet is high in protein rich foods.

How Does Beta-Alanine Work?

When we train, whether it's aerobic or anaerobic, our bodies get tired and produce lactic acid. The burn we feel in our muscles, whether it's after a tough set with the weights or a hard run, is

lactic acid. This is due to the large amount of hydrogen ions produced as a byproduct of muscular exertion. These ions cause the pH levels (acidity levels) in our muscles to decrease.

The main function that Beta-Alanine accomplishes is the production of carnosine. Carnosine is found in our muscle fibers and is specifically tied to fibers



the production of the di-peptide carnosine, which is critical to reduction of lactic acid buildup in the muscles. **This leads to a reduction in fatigue and an increase in performance.**

Carnosine, when present in the muscles, soaks up the additional hydrogen ions we make when we exercise. This helps keep the pH levels in our muscles balanced. Carnosine is also a precursor in

generating nitric oxide, which has numerous health and wellness benefits.

What Are The Benefits Of Beta-Alanine?

We all know that over the course of a workout our muscles fatigue. This is due to the process referred to above. The harder and longer we train, the more lactic acid is produced and the more our muscles fatigue. By taking Beta-Alanine, we can delay this process. **Beta-Alanine will keep our**

When taking Beta-Alanine, you will be able to train with more intensity than ever before and for a longer duration of time, translating into amazing muscular and fitness gains!

recruited in high intensity strength workouts. Beta-Alanine supplementation boosts

pH levels in balance and reduce muscle fatigue, allowing us to train harder and longer. When taking Beta-Alanine, you will be able to train with more intensity than ever before and for a longer duration of time, translating into amazing muscular and fitness gains!

The carnosine produced by Beta-Alanine also generates nitric oxide. Nitric oxide can boost performance greatly, and is tied to numerous benefits in cardiovascular health and function. The nitric oxide produced by our Beta-Alanine's process has also been

noted to have anti-inflammatory effects in addition to increased vasodilation. Vasodilation is increased blood flow, also known as the “pump”. **Users of Beta-Alanine may experience an increase in the “pump” as early as their first use!**

Why Do I Need Beta-Alanine?

Just think of all the workouts in the gym when you didn't have that extra push for those last few reps, or the workout on the track when you just could not muster up the gas for those last few sprints. **With Beta-Alanine, you will be blasting through plateaus and setting new personal records more and more frequently!** *You will have the additional muscular energy to grind out those extra reps or go gut out those extra sprints.* **Beta-Alanine will boost your performance and allow you to sustain longer, more strenu-**

ous workouts which, over time, will help you build lean, hard muscle and strength and/or reach your individual fitness or athletic performance goal.

Beta-Alanine is safe for men and women and can be taken over a long period of time without any negative side effects.

How Should You Take Beta-Alanine?

Beta-Alanine should be taken over a prolonged period for the best results. Solid scientific research has shown that with Beta-Alanine use, in as little as four weeks, muscle carnosine levels can increase by 42-65%. 12 to 15 weeks of use have been shown to increase carnosine levels by as much as 80%. Research has also shown that carnosine levels continue to increase for about 15 weeks, and *there is no negative effect on carnosine*

levels with prolonged use of Beta-Alanine.

House Of Muscle Beta-Alanine

comes in a convenient capsule format. Each capsule contains 500mg of pure, pharmaceutical grade Beta-Alanine. *We recommend that you take between 2 capsules (1 gram) and 6 capsules (3 grams) of Beta-Alanine approximately 15 minutes before your daily workout.* If you don't workout on a given day, we still recommend that you take between 2 and 6 capsules in the morning with breakfast.

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

Get your House Of Muscle **Beta-Alanine** today at:

HouseOfMuscle.com

The statements made about this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.