



Dosing Strategies

CarnoSyn® & SR CarnoSyn® are scientifically proven to provide results when properly dosed

REMEMBER
3.2g



TRY
6.4g



Years of scientific studies show that taking at least 90 grams of beta-alanine over a 28-day period increases the working capacity of muscles to help you build better muscle, faster. That means taking an average of 3.2 grams per day, at a minimum.

Try increasing your beta-alanine intake to 179 grams over 28 days (an average of 6.4 grams per day) to significantly amplify your muscle performance. The more CarnoSyn® you take, the better results you will see. CarnoSyn® beta-alanine should be taken every day—not just on workout days.



HIGHER DOSE



HIGHER CARNOSINE RETENTION



ENHANCED PEAK PERFORMANCE

Examples of proper dosing strategies:

Regiment	M	T	W	Th	F	S	Su
#1 ¹	1.6g	1.6g	2.4g	3.2g	3.2g	4.8g	6.4g
#2 ¹	2.0g	2.0g	2.0g	3.2g	3.2g	4.8g	6.4g
#3 ¹	3.2g	1.6g pre-workout 1.6g post workout	3.2g	1.6g pre-workout 1.6g post workout	3.2g	1.6g pre-workout 1.6g post workout	4.8g
#4 ¹	3.2g	1.6g pre-workout 3.2g post workout	3.2g	1.6g pre-workout 3.2g post workout	3.2g	1.6g pre-workout 3.2g post workout	3.2g

¹ These regiments to be repeated over 28 days.

Many athletes 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” phase. Several peer-reviewed studies have used SR CarnoSyn® to maximize beta-alanine loading with dosage amounts of up to 6.4g. Through the use of this patented sustained release formulation, paresthesia is reduced and higher doses of beta-alanine can be ingested. Some athletes prefer higher doses on training days, while others choose to vary their dosage amount based on daily activity.

Regardless of how the beta-alanine is obtained, whether through a pre-workout, post-workout or standalone product, or a combination, sports nutrition scientists agree that beta-alanine, when taken properly, provides the enhanced performance benefits athletes most desire. CarnoSyn® beta-alanine and SR CarnoSyn® sustained release beta-alanine are the patented forms of beta-alanine that can get you across the threshold and increase performance.