



CarnoSyn®
GET THE EDGE



THE ATHLETE'S SECRET WEAPON

There's an athlete in all of us—and that athlete is driven by a burning desire to do more and to be more. To be better today than we were yesterday—and better tomorrow still. Every athlete, from the fitness enthusiast to the professional, is on a journey to improve every day, whether that means setting a new personal record, besting the competition or simply feeling stronger and more confident. CarnoSyn® beta-alanine was made for the athlete in all of us. As the go-to ingredient for sports nutrition formulations, [CarnoSyn®](#) helps athletes build more muscle, faster. It helps every athlete gain focus, energy and strength. CarnoSyn® helps athletes push past plateaus—and gain the edge on the competition. It's the athlete's secret weapon.

**CARNOSYN® BETA-ALANINE:
TESTED. PATENTED.
PROVEN.**

As the only studied, tested and patented beta-alanine on the market, CarnoSyn® is the top ingredient for both sports nutrition and wellness and healthy aging formulations. CarnoSyn® has achieved both New Dietary Ingredient (NDI) status as well as self-affirmed Generally Recognized As Safe (GRAS) status.



HOW IT WORKS



Beta-alanine is a naturally occurring amino acid that supports the synthesis of muscle carnosine in the body, which acts as a buffer against lactic acid, delaying the onset of muscle fatigue and failure. Elevated levels of muscle carnosine can extend endurance, speed recovery, build muscle strength, sharpen mental focus and enhance peak performance capabilities. CarnoSyn® beta-alanine has been proven in more than 55 scientific studies to increase muscle carnosine—and increase performance—when athletes dose with at least 3.2-6.4 grams of CarnoSyn® per day over a 28-day period.

NDI AND GRAS STATUS

Not all beta-alanine is created equal. Many years and millions of dollars have been invested in scientific research and stringent quality control, leading CarnoSyn® to become the only beta-alanine that has successfully obtained NDI and self-affirmed GRAS status.

PEAK PERFORMANCE

CarnoSyn® helps athletes of all abilities push past plateaus and reach peak performance.



BUILD MORE MUSCLE, FASTER



EXTEND ENDURANCE



ENHANCE MENTAL FOCUS



SPEED RECOVERY TIME



**VICTORY DOESN'T HAPPEN
IN A SINGLE MOMENT — BUT
EVERY MOMENT. VICTORY
IS WON WITHIN.**

— NICOLE STOUT, USA JUDO 



CARNOSYN®
BETA-ALANINE IS
SCIENTIFICALLY
PROVEN

How CarnoSyn® and SR CarnoSyn® Work

CarnoSyn®
beta-alanine

Peptide bond

Histidine

Carnosine

Buffering
action

Hydrogen
ions
(pH decline)

THE SCIENCE BEHIND CARNOSYN®

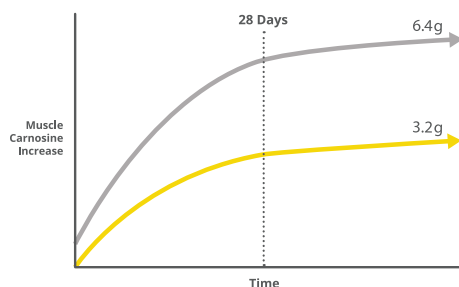
In more than 55 scientific, peer-reviewed studies, CarnoSyn® was proven to boost athletic performance in everyone from soccer players to weightlifters to track and field athletes by increasing muscle carnosine, which acts as a buffer against lactic acid, delaying the onset of muscle fatigue and failure.

These studies prove that beta-alanine increases the working capacity of muscles, helping athletes build more muscle, faster—if they take at least 90 grams over a 28-day period. CarnoSyn® is the only beta-alanine to undergo rigorous testing and ingredient QA.

Tested on a wide range of athletic performance, including sprinting, cycling, rowing, and weight lifting, CarnoSyn® beta-alanine is clinically proven to:

- Increase muscle carnosine for prolonged periods
- Increase muscle buffering capacity
- Decrease acidosis
- Improve endurance
- Delay fatigue
- Increase strength
- Speed recovery from intense exercise
- Enhance mental focus

THE SCIENCE IS CLEAR



CarnoSyn® supports the synthesis of muscle carnosine which acts as a buffer against pH decline, delaying the onset of muscle fatigue and failure. Elevated levels of muscle carnosine can extend endurance, speed recovery, build muscle strength, sharpen focus and enhance peak performance capabilities.

STUDY SNAPSHOTS

Athletic Performance

By increasing muscle carnosine through beta-alanine supplementation, CarnoSyn® supplementation led to a muscle carnosine increase of 80% after 10 weeks of supplementation.

(Hill C A, et al., 2007. J Amino Acids, 32: 225–233.)

Total Work Capacity

A 28-day study demonstrated an increase of 14.5% in physical working capacity.

(Stout JR, et al., 2006. J Strngth & Cond Resrch, 20(4) : 928–931.)

Endurance Cyclists

Cyclists saw an average increase of 11.4% in increased peak power output after 8 weeks.

(Van Thienen R, et al., 2009. Med Sci Sports Exerc, 41(4):898-903)

Professional Rowers

Highly trained rowers improved their speed by 4.3 seconds over 2000m in a 7-week study.

(Baguet A, et al., 2010. J Appl Physiol, 109: 1096–1101.)

HIIT Athletes

High intensity interval training (HIIT) athletes showed a delay in their fatigue threshold during a 6-week trial.

(Smith AE, et al. 2009. J Int Soc Sports Nutr. 2009;6:5.)

Competitive Sprinters

Sprinters trained to compete in the 400-meter race saw increased levels of muscle carnosine after a 4-week supplementation trial.

(Derave W, et al., 2007. J Appl Physiol, 103: 1736–1743.)

Collegiate Football Players

The combination of beta-alanine supplementation with creatine resulted in statistically significant strength increases for collegiate football players.

(Hoffman J, et al., 2006. Int J Sport Nutr and Exercise Metabolism, 16: 430–446.)

THE LEADING SPORTS NUTRITION BRANDS USE CARNOSYN®. DOES YOURS?

Athletes are constantly searching for the secret to reaching peak performance—but the smart sports nutrition brands know that peak performance isn't a secret at all. It's science.

While beta-alanine is a common ingredient in pre-workout formulas, most do not contain the efficacious dosage proven to boost performance. The majority of athletes have little to no knowledge about how much beta-alanine they should be taking on a daily basis—and many brands are unaware of how much beta-alanine should go into their formulations.

THE MAGIC NUMBER: 3.2

Years of scientific studies show that 3.2 grams per day, every day, over a 28-day period is the threshold at which the benefits of beta-alanine kick in. Brands who want their customers to reap the benefits of beta-alanine must include the proper daily dosage in their formulations. That's why CarnoSyn® recommends our brand partners to provide a minimum of 3.2 grams per day via a standalone product or a stack. Brands that include the proper dose of CarnoSyn® in their formulations achieve "CarnoSyn® Verified" status, where they will be featured on CarnoSyn®'s social media platforms and Find It pages, where consumers can search for products that contain the proper dose of CarnoSyn®.

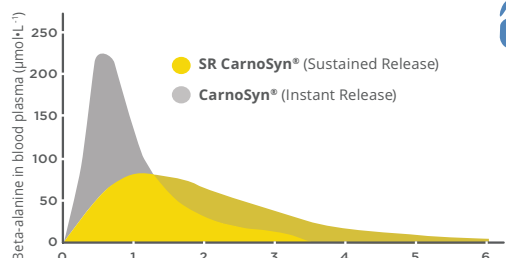
STEP IT UP TO 6.4

Studies prove that increasing beta-alanine intake to 179 grams over 28 days (an average of 6.4 grams per day) can significantly amplify muscle performance, and further demonstrate that dosing even more CarnoSyn® results in exponentially increased gains.



CarnoSyn® beta-alanine can be stacked, whether through a pre-workout, post-workout or stand-alone product, or as a combination to equal or exceed an average of 3.2-6.4 grams total per day, allowing brands to offer multiple products—and deliver better results—to their customers.

TWO WAYS TO DOSE



SR CarnoSyn® results in sustained beta-alanine release, allowing it to remain in the body longer. SR CarnoSyn® delivers the same overall effect of increasing beta-alanine concentrations as instant release CarnoSyn® enabling greater efficiency for muscle carnosine synthesis, but with little to no paresthesia-related sensations.

TWO WAYS TO GET RESULTS

CarnoSyn® beta-alanine is available in two different forms—instant release and sustained release—offering two ways to dose. SR CarnoSyn® offers the same benefits as instant release CarnoSyn®— but in an advanced delivery system that allows for increased dosing for faster results. When used in tandem, the combination of instant release and sustained release gives athletes the ability to stack their dosing for higher quantities of beta-alanine.

CARNOSYN®

CarnoSyn® instant release beta-alanine has been a performance booster for athletes and fitness enthusiasts for years. Most athletes can feel CarnoSyn® working immediately, as it produces a harmless tingling sensation called paresthesia. As the only patented, tested and proven beta-alanine on the market, CarnoSyn® provides a true product differentiator as an ingredient with both NDI and self-affirmed GRAS status. CarnoSyn® instant release beta-alanine can be used in:

- Powders
- Tablets
- Lozenges
- And more
- Capsules
- Chewables
- Stick packets

SR CARNOSYN®



SR CarnoSyn® is an advanced delivery form of CarnoSyn®, uniquely formulated to deliver a higher level of beta-alanine more comfortably in a single daily dose. A higher daily dose results in faster and greater increases in muscle carnosine, significantly reducing the loading period needed to enhance performance levels. The sustained release properties are beneficial to minimize paresthesia and to extend absorption, resulting in higher muscle retention and faster increases in muscle carnosine levels. SR CarnoSyn® is a self-affirmed GRAS ingredient available as **Turnkey** Tablets.



**FIND CARNOSYN®
FEATURED PARTNERS**





GIVING SPORTS NUTRITION BRANDS THE EDGE

As the sports nutrition market continues to expand and evolve, consumers are becoming savvier—and more demanding. CarnoSyn® provides brand partners with a true product differentiator—an NDI and self-affirmed GRAS status ingredient that delivers real performance results. With two ways to dose—CarnoSyn® instant release and sustained release SR CarnoSyn®—

there is a wide array of applications available to reach a growing consumer marketplace.

- Pre and post-workout shakes
- RTM drinks
- Tablets
- Edibles
- Stick packets
- And more

INVESTING IN YOUR BRAND

CarnoSyn® offers partners the top ingredient in the industry and unrivaled marketing support. CarnoSyn®-Verified brands have the opportunity to collaborate to increase brand awareness via consumer education efforts, generating buzz for CarnoSyn® and for our brand partners. To date, CarnoSyn® has launched successful co-branded marketing campaigns with the leading media outlets, including retail and event locations.

POWERING THE PROS



A PARTNERSHIP BUILT ON DEDICATION

CarnoSyn® partnered with TEST Football Academy in 2018 to fuel NFL hopefuls with daily doses of both CarnoSyn® instant release and SR CarnoSyn® sustained release beta-alanine, providing a scientifically-proven edge over the competition.



KEVIN DUNN, CEO TEST FOOTBALL ACADEMY

TEST FOOTBALL ACADEMY SNAPSHOT

Over the past two decades, TEST Football Academy has been the nation's top authority in preparing college football players for the biggest test of their lives at the NFL Combine. They utilize some of the best trainers, coaches, therapists and nutritionists in the industry.

TEST Football Academy is the result of Owner and CEO, Kevin Dunn, Director of Football Operations, Geir Gudmundsen and a team of professionals with over a century of collective experience. TEST's portfolio includes training nearly 400 pro athlete hopefuls and a success rate of over 250 athletes who have gone on to play professional football.

"Working with a trusted partner like CarnoSyn®, who offers proven and banned substance-free ingredients, solidifies the fact that we're providing the best supplementation program available for our players," explained Kevin Dunn, TEST Football Academy Owner and CEO. "We can argue all day on methodology and opinions, but the numbers provide undisputable evidence that this collective system truly works. We train the top 1% of athletes in the country, so incorporating sports performance ingredients like CarnoSyn® and SR CarnoSyn®, which are patented and supported by more than 55 scientific studies, is something that truly sets us apart from the competition. It allows our athletes to excel in all areas as they prep for a career in the NFL."

PROVEN PERFORMANCE

With CarnoSyn® added to TEST's arsenal, the results were undeniable. In just 30 days, the 2019 TEST Combine class of 35 athletes experienced incredible transformations, resulting in:

- 233 lbs Total Fat Loss
- 237 lbs. Total Lean Body Mass (LBM)
- 470 lbs. Total Body Composition Swing

Per athlete, this averaged:

- 6.7 lbs. Total Fat Loss
- 6.8 lbs. LBM Gain
- 13.5 lbs. Total Body Composition Swing

Average performance increases included:

- 2.5 inches on the vertical leap
- 4 inches on the broad jump
- 4 reps on the 225 bench press
- .15 sec decrease in 40 yard dash times

TEAM CARNOSYN®

In support of the partnership, CarnoSyn® annually sponsors athletes from the TEST NFL Combine class and chronicles their inspirational journeys to build brand awareness and to foster education on the efficacious loading and dosing of CarnoSyn® and SR CarnoSyn® beta-alanine. From NFL players to Olympians and legendary trainers, Team CarnoSyn® is made up of athletes who will stop at nothing to achieve their dreams.

DARNELL SAVAGE, NFL SAFETY & TEAM CARNOSYN® ATHLETE



BEFORE



AFTER

FOSTER MOREAU, NFL TIGHT END & TEAM CARNOSYN® ATHLETE



BEFORE



AFTER

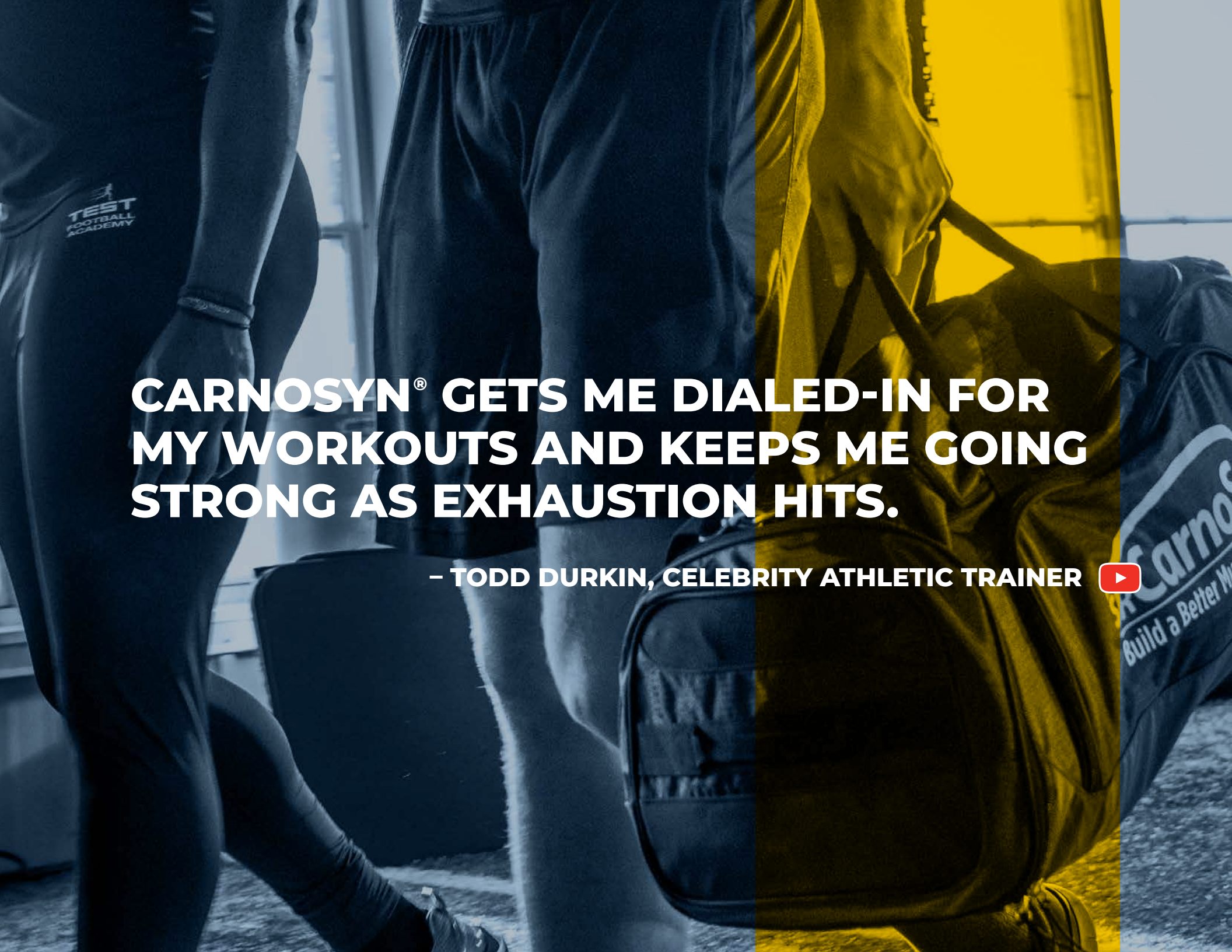
TUZAR SKIPPER, NFL LINE BACKER & TEAM CARNOSYN® ATHLETE



BEFORE



AFTER



**CARNOSYN® GETS ME DIALED-IN FOR
MY WORKOUTS AND KEEPS ME GOING
STRONG AS EXHAUSTION HITS.**

– TODD DURKIN, CELEBRITY ATHLETIC TRAINER



Carnosyn
Build a Better Muscle



CarnoSyn® **SR CarnoSyn®**

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