



# CARNOSYN® & CREATINE



## THE DYNAMIC DUO



### THE PERFECT PAIR FOR SUPERIOR PERFORMANCE

So you've heard of creatine, and are likely already taking it.

But did you know that taking creatine together with CarnoSyn® beta-alanine maximizes creatine's positive effects?



### SCIENCE BACKED RESULTS

In a 10-week study, collegiate football players significantly increased their strength after supplementing with a combination of CarnoSyn® beta-alanine and creatine.<sup>1</sup>

### STRENGTH IN UNITY

In the same study, the subjects who took CarnoSyn® beta-alanine along with creatine also lost body fat and gained lean muscle—without changing their diet or workout program. The group taking only creatine lost no body fat.<sup>1</sup>



GET THE GAINS YOU DESERVE, FASTER.



### NEXT-LEVEL PERFORMANCE

In addition to the physical performance benefits provided by CarnoSyn® and creatine supplementation—research has shown that they both contribute to improved cognitive function.

DON'T SETTLE FOR LESS

**CARNOSYN®**

**CREATINE**

**3.2G + 5.0G**

**= PROVEN PERFORMANCE DOSING**

### GET MORE FROM YOUR WORKOUTS

Supplement with CarnoSyn® and creatine, clinically tested to elevate your results.

**LEARN MORE**

[www.carnosyn.com/carnosyn-creatine-the-dynamic-duo](http://www.carnosyn.com/carnosyn-creatine-the-dynamic-duo)

<sup>1</sup>Hoffman, J et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. Int J Sport Nutr and Exercise Metabolism, 16: 430-446.

<sup>2</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.