

B-ALANINE

Physiology



1. Intense exercises cause hydrogen ions accumulation in muscle and blood



2. Muscle acidity causes fatigue and decreases performance



3. B-Alanine is a precursor to carnosine intracellular pH buffer



4. pH levels stabilize during exercise and performance increases due to delayed fatigue



5. Of interest for sustained sprints, middle-distance running and multievents, including for well-trained athletes

Protocol

3.2-6.4g/day

Ingested via a split-dose regimen
(i.e., 0.8-1.6g every 3-4 hr)



Over 4-12 weeks

Individualization



Large inter-individual variations have been reported. An individualized approach to supplementation must be considered



Potential Side Effects



Skin paresthesia
or tingling of the
skin

Sustained release tablets may prevent this outcome & result in improved whole-body B-alanine retention