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

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

Individualization

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

Reference: Peeling et al. USNEM 2019 © Copyright. IAAF 2019. All rights reserved. IAAF, Health & Science