



## Sponser Pro Beta Alanine 140 tablets



Beta Alanine by SPONSER is an intracellular acid buffer for competitive and strength athletes. Suitable for high-intensity, repetitive loads, where muscle overacidification becomes performance-limiting. The amino acid supplement increases the muscle's own carnosine content, which increases the intracellular acid buffer capacity and thus can increase performance in anaerobic-lactacid sports.

**CHF 35.00**

It is therefore particularly suitable for sports such as weight training, sprinting, weightlifting, athletics, martial arts, etc., as well as before high-intensity training periods in the endurance area. Thanks to the slow-release formulation by means of tablets, the skin tingling that is otherwise typical when taking beta-alanine, which is harmless in itself but somewhat unpleasant, is prevented. Please note the instructions for use (loading phase).

- For competitive and strength athletes in high-intensity, anaerobic-lactacid sports as an intracellular acid buffer.
- Special tablet formulation with consideration of the kinetics of beta-alanine
- Classification A of the supplement list\*

Tip: In the field of competition, the combination of the intracellular buffer substance beta-alanine, is ideal with the extracellular acid buffer LACTAT BUFFER from SPONSER.

Directions for use:

2 x 2 (= 3.2 g beta-alanine) tablets daily, for example with a meal: the intake in athlete studies was usually carried out for at least 8 weeks.

Recommended for weight training, swimming, track and field, martial arts, skiing, sprint disciplines and short distance endurance sports.

For maximum performance, Sponser recommends synergistic use with Lactate Buffer.

Dietary supplements are not a substitute for a varied diet. Do not exceed the stated recommended daily intake. Keep out of reach of children.

### **Ingredients:**

beta-alanine, filler hydroxypropylmethylcellulose, lactose (0.02 mg/tbl), coating agent E471. 1 tablet =

**The Shark  
Fitness Company**



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1300 mg.

Packaging unit: 140 tablets / can

\*Australian Institute of Sport. Classification B of the Swiss Sports Nutrition Society [www.ssns.ch](http://www.ssns.ch)

Content: 189g