

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

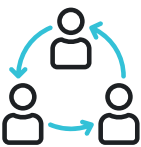
Potential Side Effects



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

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