

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Beta-Alanine**

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### **What is Beta-alanine and where is it found?**

Beta-alanine is a non-essential amino acid which can be made by the body. It is converted into carnosine in the body, which acts as an acid buffer by controlling the pH in cells. A high pH/acid accumulation in cells contributes to fatigue. Carnosine is also an anti-oxidant and anti-aging compound. Decreasing fatigue may contribute to increasing physical performance and exercise capacity.

### **What are the benefits?**

Beta-alanine may improve athletic performance and build lean muscle mass, particularly during weight training and high-intensity exercise because it slows muscle fatigue. It also may help improve performance and delay muscle fatigue of older adults and therefore decrease injury. Some studies show that beta-alanine may enhance the benefits of creatine combining the two supplements together may increase lean body mass and decrease body fat.

### **Are there interactions with food, medications or herbal supplement?**

None.

### **Are there side effects?**

Side effects are rare, but the most common side effect is parathesia, include flushing and tingling like pins and needles.