

THE ESSENTIAL TIMELINE

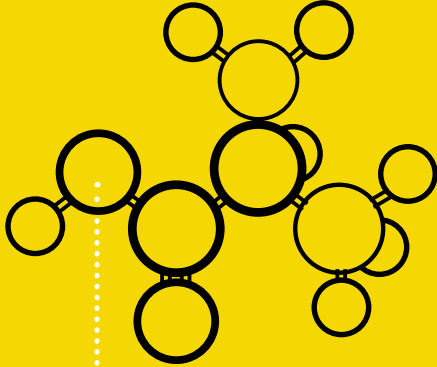
30 mins

before training, consume CarnoSyn®. It is particularly beneficial when stacked alongside other performance-boosting ingredients in a pre-workout supplement.

The top sports nutrition brands use CarnoSyn® beta-alanine.



30 MINS



Your workouts aren't generic. Your beta-alanine shouldn't be either.

10 MINS



10 mins into your workout, the effects begin to take hold. CarnoSyn® helps to buffer the onset of lactic acid, delaying fatigue and prolonging performance.

1 DAY

3.2-6.4

1 day every single day, aim to consume between 3.2 and 6.4 grams. This is the optimal dosage for prime athletic performance.



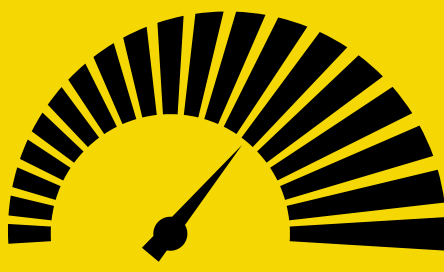
90/28

179/28

Remember 90/28? Try 179/28?

- An average 3.2 grams per day produces noticeable performance increases.
- However, studies show that increasing beta-alanine intake to 179 grams over 28 days – an average of 6.4 grams per day – can significantly amplify muscle performance.

7 DAYS



7 days of supplementation fuel peak performance. CarnoSyn® should be taken every day of the week – not just on training days.

28 DAYS



28 days a loading phase of this length is essential for elevating muscle carnosine content, proven to help you sustain performance levels

[Study](#)

30 DAYS

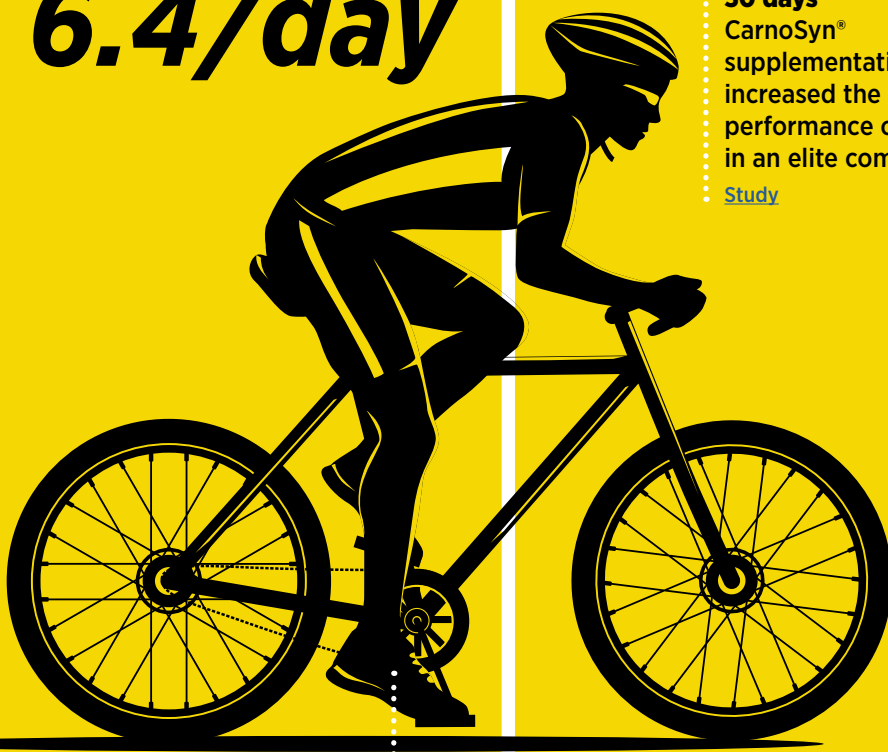


30 days CarnoSyn® supplementation increased the cognitive performance of soldiers in an elite combat unit

[Study](#)

4 WEEKS

6.4/day



4 weeks 6.4 grams of beta-alanine increased training intensity levels in a sprint-interval protocol performed by trained cyclists

[Study](#)

24 WEEKS



24 weeks CarnoSyn® supplementation over 24 weeks proved continuous loading of muscle carnosine correlated directly with continued performance improvement - banned substance free

[Study](#)

You work hard for results. CarnoSyn® helps you work harder.