

BETA K

Serving size: 4 capsules

50 servings

Amount per serving:

Beta Alanine	1500mg*
Kre-Alkalyn [®] (Buffered Creatine)	1500mg*

*Daily Value Not Established

Other ingredients: gelatin, magnesium stearate, and microcrystalline cellulose.

Suggested Use: Take 1 serving with an 8 oz. glass of water 2 times daily. On workout days, we recommend you take 1 serving approximately 30 minutes before your workout.

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