Established Performance Supplements (3 of 5)  
(when used according to established protocols)

**B-ALANINE**

Reference: by Maughan et al. BJSM & IJSNEM 2018

**HOW DOES IT WORK?**

Beta-alanine augments intracellular buffering capacity, having potential beneficial effects on sustained high-intensity exercise performance

- Daily supplementation of beta-alanine increases skeletal muscle carnosine content
- ...the immediate defense against proton accumulation in the contracting musculature

**PERFORMANCE**

Small but potentially meaningful performance benefits (~0.2–3%) during both continuous and intermittent exercise tasks of 30 s to 10 min in duration

**PROTOCOL**

~ 65 mg/kg body mass / day  
(i.e., 0.8–1.6 g every 3–4 hr)

10–12 weeks

Less effective in well-trained athletes

Possible negative side effects include skin rashes and/or transient paresthesia