

Blonyx

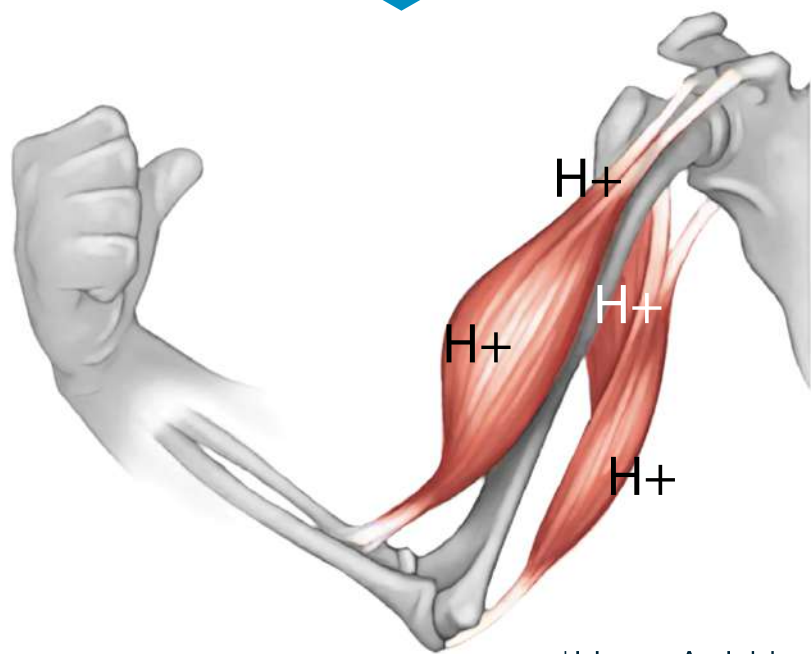
6g/d

BETA ALANINE

+HISTIDINE IN MUSCLES

CARNOSINE

SLOWS LACTIC ACID BUILDUP



*H+ = Acid buildup



2

SCOOPS A DAY



30

DAYS' SUPPLY

01

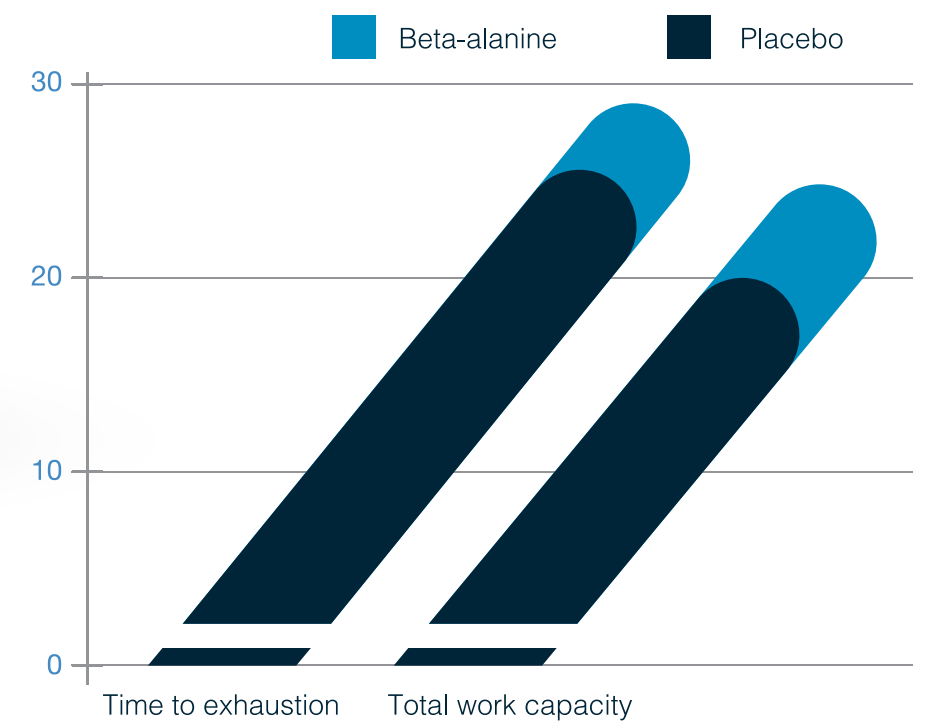
HIGH INTENSITY TRAINING LEADS TO LACTIC ACID BUILDUP IN THE MUSCLES (A BURNING SENSATION).

02

THIS IS THOUGHT TO BE A REASON WHY YOU FATIGUE AND STOP EXERCISING.

03

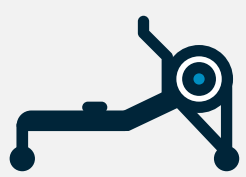
REDUCING ACID BUILDUP BY TAKING BETA ALANINE INCREASES YOUR TIME TO FATIGUE/EXHAUSTION WHEN TRAINING:



BETA-Alanine increases time to exhaustion and total work capacity when sprint cycling. (Glenn et al., 2015)

RESEARCH SHOWS:

References found at www.blonyx.com



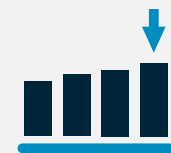
Beta-Alanine enhances rowing performance at shorter distances (500-2000m).



Beta-Alanine extends time to exhaustion in high-intensity, short-bout training (up to 5 mins).



Beta-Alanine improves cycling capacity and sprint performance.



Beta-Alanine increases the volume of training (reps) an athlete is capable of.

IDEAL FOR:



CrossFit Athletes



Sprinters and Runners (200-800m)



Sprint Cyclists



Soccer, Hockey and Rugby Players



Athletes Who Use Interval Training as Part of Their Routine

SIMPLICITY IN PRODUCT - DEPTH IN SCIENCE - INTEGRITY IN MARKETING

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