

WARNING

THIS MAY SERIOUSLY INCREASE YOUR PERFORMANCE

WHAT IS XL β ?

XL β contains one single ingredient, Beta Alanine, a naturally occurring non-essential amino acid. It is a relatively new product on the market, however, is one of the few that is here to stay.

WHO CAN BENEFIT FROM XL β ?

XL β has been shown to be beneficial for sprinters, cyclists, resistance trainers and is therefore a great supplement for anyone looking to increase endurance and exercise capacity.

HOW DOES XL β WORK?

Beta Alanine enters the muscle and, by binding to histidine, raises muscle carnosine levels. Increased carnosine levels in muscle, improve its capacity to counteract the acidic environment that occurs during high intensity exercise; this in turn delays the onset of muscular fatigue. The acidic environment that occurs, without XL β supplementation, reduces the muscles ability to contract forcibly and maintain a high level of performance. More carnosine in the muscle has also been shown to increase work done during resistance training.

HOW DO I TAKE XL β ?

For optimal results you should consume XL β four times per day, much the same as with creatine loading phases; however this should be done for at least a month. You should consume 80mg per kg of bodyweight in total. For an 80kg individual this would equal 6.4g of XL β split into four 1.6g doses. After the initial loading phase, this dose can be halved and taken in two equal servings.

XL β has a neutral taste and can therefore be mixed with fruit juice or water. We recommended taking one of the doses in the morning and one pre-workout; this can be with or without food.

ARE THERE ANY SIDE EFFECTS?

The one reported side effect of XL β is a slight tingling on the skin a few minutes after consumption. In some individuals this subsides after a few weeks and is completely harmless.

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