

## Beta-Alanine: A New Supplement for Football Players?

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I encourage football players to take creatine on 3-month cycles as a way to help with training and recovery. But a new study just released:

[http://journals.lww.com/nsca-jscr/Fulltext/2011/07000/Effects\\_of\\_Alanine\\_Supplementation\\_on.5.aspx](http://journals.lww.com/nsca-jscr/Fulltext/2011/07000/Effects_of_Alanine_Supplementation_on.5.aspx)

showed 4 grams of Beta-Alanine per day for 8 weeks in football players to

- **Increase sprint speed** (1.1 vs 0.4-second faster 300-yd shuttle time)
- **Significantly Increase upper body strength** (7% vs 0.5% increase in flexed-arm hang time)
  - Gain 91% more muscle (2.1 vs 1.1 lbs)

compared to a group not taking beta-alanine.

The researchers believe it's because beta-alanine helps deal with lactic acid buildup:

relative intensity (as indicated by similar lactate values). This may suggest that **β-alanine improves the athlete's ability to clear lactic acid more efficiently or tolerate high lactic acid levels longer,** therefore allowing the athlete to exercise at a higher relative intensity for a longer period of time (3). This

Regarding side effects, a 2010 review study found beta-alanine to be "*a safe nutritional strategy capable of improving high-intensity anaerobic performance.*"

<http://www.ncbi.nlm.nih.gov/pubmed/20479615>

So it seems that Beta-Alanine could be a very safe and effective supplement along with creatine during football season.

If you'd like to try Beta-alanine, NOW Foods sells a 4-month supply for \$35:

[http://www.nowfoods.com/Products/ProductsbyCategory/Category/M101493.htm?cat=Sports Nutrition](http://www.nowfoods.com/Products/ProductsbyCategory/Category/M101493.htm?cat=Sports_Nutrition)

so please contact me if you have any questions and/or to place an order.

Good luck!