



Beta alanin is a combination of beta-alanine, taurine and B vitamins, which covers beta-alanine deficiency, improves resistance to fatigue and promotes proper maintenance of the nervous system.

DESCRIPTION

What is beta-alanin from Lavigor and what is it used for?

Beta-alanin from Lavigor is a food supplement containing beta-alanine, taurine and B vitamins. Beta-alanin from Lavigor is used for states of fatigue and promotes proper maintenance of the nervous system.

What is the composition of Beta-alanin from Lavigor, per capsule?

- Beta-alanine 300mg
- Taurine 75mg
- Vitamin B3 (nicotinamide) 8mg
- Vitamin B2 (riboflavin) 0.7mg
- Vitamin B6 (pyridoxine hydrochloride) 0.7 mg
- Vitamin B1 (thiamine hydrochloride) 0.55 mg
- Vitamin B12 (cyanocobalamin) 1.25 ug
- Additives, q.s.p

How should I take Beta-alanin from Lavigor?

Beta-alanin is taken orally: Take one or two capsules a day, with a glass of water.

