



betaPOWER[®]
Natural Betaine



Pure, natural, betaine

DESCRIPTION

BetaPower[®] Natural Betaine is a highly purified form of anhydrous betaine extracted from the molasses of sugar beets using a proprietary process.

NATURAL SUPPORT FOR HEALTH

BetaPower[®] Natural Betaine helps fitness-oriented consumers get a natural boost in their performance while aiding several important metabolic functions.

Also known as trimethylglycine (TMG), betaine is found in many healthy foods, such as whole grains, spinach and beets. When consumed as part of a daily diet, betaine helps maintain cellular hydration and contributes to a healthy metabolism.

Product category |
ENERGY + SPORTS



PRODUCT ATTRIBUTES

- Improves strength & power
- Increases physical endurance
- Promotes hydration
- Supports normal homocysteine metabolism
- Enhances flavor

SCIENCE

BetaPower® offers a natural solution for strength, endurance and recovery. These benefits apply to a multitude of sports for athletes or any fitness enthusiast.

References

- Hoffman, J.R., et al., J Int Soc Sports Nutr, 2009. 6(1)
- Lee, E.L., et al., J Int Soc Sports Nutr, 2010. 7(1)
- Trepanowski, J.F., et al., J Strength Cond Res, 2011. 25(12)
- Hoffman, J.R., et al., J Strength Cond Res, 2011. 25(8)S

PRODUCT INFORMATION

Standardized on	Betaine (Trimethylglycine) - Minimum 99% on dry substance
Product form	Powder
Recommended dosage	400mg/day to 2.5g/day
Format	Dietary Supplement; Food & Beverage Applications

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