

Beta-Alanine Scores Again

Contributed by Anssi Manninen
Friday, 12 October 2007

Beta-alanine shares many similarities and parallels with creatine and as a result, it's often touted as "the next creatine." While it is understandable why these two powerhouse supplements are often compared, it's a great injustice to both beta-alanine and creatine to use titles like that, as it leads people to believe one can replace the other.

Beta-alanine shares many similarities and parallels with creatine and as a result, it's often touted as "the next creatine." While it is understandable why these two powerhouse supplements are often compared, it's a great injustice to both beta-alanine and creatine to use titles like that, as it leads people to believe one can replace the other. While beta-alanine is on par with creatine from both a scientific and effectivity standpoint, it does not replace creatine.

A recent study on sprint-trained athletes, using 4.8 grams of beta-alanine and lasting eight weeks, showed a significant increase in carnosine concentrations (+47 percent) in the soleus and (+37 percent) in the gastracnemius muscles (carnosine is a powerful buffer in muscle cells). As expected, the increase in carnosine concentrations lead to significant decreases in fatigue during repeated bouts of dynamic muscle contractions. At the same time, this study did not show improvements in race times for the 400 m.

Reference:

Derawe W
et al. Beta-alanine supplementation augments muscle carnosine content and attenuates fatigue during repeated isokinetic contraction bouts in trained sprinters. *J Appl Physiol*, (August 9, 2007).
doi:10.1152/jappphysiol.00397.2007