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(54) **COMPOSITIONS AND METHODS FOR THE SUSTAINED RELEASE OF BETA-ALANINE**

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(58) **Field of Classification Search**

None

See application file for complete search history.

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(57) **ABSTRACT**

Methods and compositions are provided for increasing the anaerobic working capacity of muscle and other tissues. Also provided are compositions formulated for the sustained release of free beta-alanine. Also provided is a dietary supplement formulated, for example, as a solid food product, an edible suspension, liquid or semi-liquid as described herein.

10 Claims, 2 Drawing Sheets