

Beta Alanine Tingling

written by Mike Roberto | July 14, 2009

Here at PricePLOW Discount Supplements, we absolutely love beta alanine for all kinds of athletes in order to reduce fatigue and increase endurance. But one weird thing sometimes happens – “the tingles”, as we call them, or a tingling, pins-and-needles sensation after taking it.

What is the pins-and-needles sensation I get when I take beta alanine?

The prickling is named parathesia, and is caused by beta alanine attaching to nerves, which activates them and makes them fire. Most of these nerves are beneath the skin, causing a needle-prickling feeling. It begins about 15 to 20 minutes after ingesting beta alanine and typically goes on for 60 to 90 minutes.

The sensation strength varies depending on the dose you take, personal sensation, adaptation to the feeling, and also from other calcium channels activators like caffeine. This sensation usually becomes minimized over a few weeks of beta alanine usage.

If beta alanine doesn't give me the 'tinglies', is it not working or bad beta alanine?

No – The perception doesn't happen to everyone, even those who take high doses. Beta alanine research shows that the beta alanine is still working and is still converting to carnosine, which is the substance that reduces fatigue in beta alanine.

Note that carbohydrates can be used to help block some of the beta alanine tingles. This is why VPX Sports NO Shotgun / 12 Gauge Shotgun, a carb-free nitric oxide powder, is the only product with a combination of other products that gives me the tingles (there's only protein in NO Shotgun).

As little as 750mg of beta alanine can cause a bit of these pins on the skin, and doubling the dose to 1.5g will justify quite a bit more. Either way, Beta alanine studies show that you're converting to carnosine.

You will see considerable improvements in the gym, in the pool, on the track, and everywhere else after a 2-3 weeks of taking beta alanine – so get some great deals here at PricePLOW.