## CLAIMS

1. A composition comprising:

between about 50 wt. % and about 80 wt. % of the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine;

between about 0.01 wt. % and about 10 wt. % of the anti-inflammatory agent;

between about 0.1 wt. % and about 10 wt. % of the amphiphilic agent; and

between about 0.01 wt. % and about 10 wt. % of the stimulant,

wherein the at least one compound is encapsulated by the amphiphilic agent.

2. The composition of claim 1, wherein the composition comprises:

between about 70 wt. % and about 80 wt. % of the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine;

between about 0.1 wt. % and about 4 wt. % of the anti-inflammatory agent;

between about 1 wt. % and about 10 wt. % of the amphiphilic agent; and

between about 0.1 wt. % and about 1 wt. % of the stimulant.

3. The composition of claims 1 or 2, wherein the composition comprises:

between about 70 wt. % and about 73 wt. % of the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine;

between about 0.5 wt. % and about 1 wt. % of the anti-inflammatory agent;

between about 1 wt. % and about 5 wt. % of the amphiphilic agent; and

between about 0. 1 wt. % and about 0.2 wt. % of the stimulant.

4. The composition of any of claims 1-3, wherein the anti-inflammatory agent is beta-caryophyllene, the stimulant is caffeine, and the amphiphilic agent is a phospholipid.

5. The composition of claim 4, wherein the phospholipid is lecithin.

6. The composition of any one of claims 1-5, wherein the composition is coated with a coating agent.

7. The composition of claim 6, wherein the coating agent is a modified food starch.

8. The composition of any one of claims 1-7, wherein the composition is formulated as a pharmaceutical composition or a dietary supplement.

9. The composition of any one of claims 1-7, wherein the composition is formulated as a human dietary supplement.

10. The composition of any one of claims 1-9, wherein the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine is provided in an amount ranging from about 0.04 g to about 3.2 g per serving.

11. The composition of any one of claims 1-9, wherein the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine is provided in an amount ranging from about 0.05 g to about 2.24 g per serving.

12. Use of the composition of any one of claims 1-11 in the manufacture of a medicament for increasing athletic performance without causing paresthesia, for improving cognitive function, or both.

13. The use of claim 12, wherein the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine in the composition is provided in an amount ranging from 0.04 g to about 3.2 g per day.

14. The use of claim 12, wherein the at least one compound selected from the group consisting of beta-alanine, an ester of beta-alanine, and a salt of beta-alanine in the composition is provided in an amount ranging from about 0.08 g to about 2.4 g per day.

15. A method of making a beta-alanine composition, the method comprising:

step (a) adding an amphiphilic agent to water to form a first solution;

step (b) homogenizing the first solution to form a first emulsion;

step (c) adding an anti-inflammatory agent to the first emulsion to form a second solution;

step (d) homogenizing the second solution to form a second emulsion;

step (e) adding beta-alanine, a salt of beta-alanine, and/or an ester of beta-alanine into the second emulsion to form a third solution; and

step (f) homogenizing the third solution to form a third emulsion.

16. The method of claim 15, wherein the method further comprises a coating method, the coating method comprising:

step (i) dissolving a coating agent in water to form an aqueous solution;

step (ii) adding the aqueous solution to the third emulsion to form a fourth solution;

step (iii) homogenizing the fourth solution to form a fourth emulsion; and

step (iv) spray-drying the fourth emulsion.