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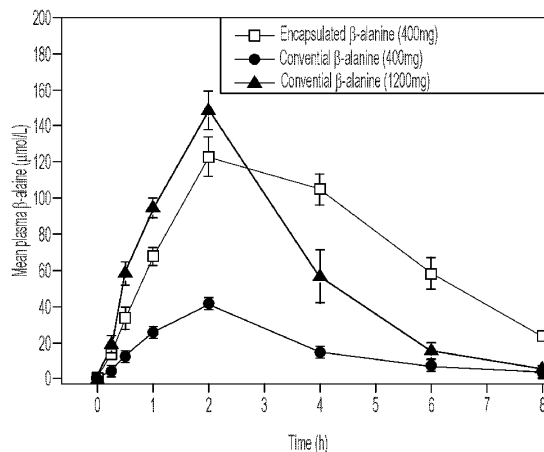


FIG. 4

(57) Abstract: Disclosed herein are novel beta-alanine compositions for increasing athletic performance, improving cognitive function, and attenuating the aging process. Compositions described herein can be administered to subjects, such as elderly subject, in functional or medical foods, along with other formulations to aid in healthy aging including reduced muscle wasting, improved mobility, improved cognitive performance, and the like. The compositions described herein comprise improved bioavailability and reduced paresthesia effects compared to free beta-alanine. Also described herein are methods of making the novel beta-alanine compositions disclosed herein.

[Continued on next page]

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