ESSENTIAL AMIN.O. ENERGY™▲

CONCORD GRAPE
Naturally and Artificially Flavored

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18. WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE AND BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

## Supplement Facts

Serving Size 1/2 Packet (9 g)
Servings Per Container 6

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories | 10 | |
| Total Carbohydrate | 2 g | 1%** |
| Amino Blend | 5 g | † |
| Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn®), Micronized Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine HCl, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine | | |
| Energy Blend‡▲ | 160 mg | † |
| Caffeine‡, Green Tea Extract (*Camellia sinensis*) (leaf) (standardized for Epigallocatechin gallate (EGCG)), Green Coffee Extract (bean) | | |

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

**OTHER INGREDIENTS:** Malic Acid, Natural & Artificial Flavors, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Citric Acid, Sucralose, Caffeine (From Tea and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Soy Lecithin, FD&C Blue #2, FD&C Red #40, Inulin.

**ALLERGEN INFORMATION:** CONTAINS SOY.

**MANUFACTURED BY OPTIMUM NUTRITION, INC.**
3500 Lacey Road, Suite 1200, Downers Grove, IL 60515

‡ Total caffeine from all sources is equal to: 100mg/serving, 200mg/packet

**DIRECTIONS:** Mix ½ packet of ESSENTIAL AMIN.O. ENERGY™▲ in 10-12 oz of cold water.

- Micronized Free Form Amino Acids For Faster Absorption*
- Supports Recovery Before, During & After Exercise**
- Caffeine from Natural Sources

**RECOMMENDED USE:**

FOR PRE-WORKOUT ENERGY SUPPORT▲ : Take ⅛ to 1⅛ packets 20-30 minutes before training. FOR POST-WORKOUT AMINO SUPPORT▲ : At least 4 hours after initial pre-workout dose, take ⅛ to 1 packet after training.

One packet of this product contains 200 mg of caffeine. DO NOT EXCEED 1½ PACKETS within any 4 hour period. A person should start with ½ PACKET (100 mg caffeine) or less to assess tolerance and then gradually increase serving size. Do not exceed 2½ packets within any 24 hour period. Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 100 oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children.

*When consumed as directed at maximum dosage

**OCCASION**

- AM WAKE UP▲
- PRE-WORKOUT ENERGY▲
- POST-WORKOUT RECOVERY▲
- AFTERNOON PICK-ME-UP▲

DO NOT EXCEED 1½ PACKETS WITHIN ANY 4 HOUR PERIOD.
DO NOT EXCEED 2½ PACKETS WITHIN ANY 24 HOUR PERIOD.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.
NO ASPARTAME.

CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc.

TRUE STRENGTH
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**MANUFACTURED IN THE USA**
This product contains ingredients of international and domestic origin

▲These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIETARY SUPPLEMENT 3 - 0.63 OZ (18 G) PACKETS / NET WT 1.9 OZ (54 G)

3 PACKETS

ANYTIME ENERGY▲ + FOCUS▲ + RECOVERY▲*

ESSENTIAL AMIN.O. ENERGY™▲

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