AMINO. ENERGY

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

TWO SCOOPS = ONE SERVING

١	SCOOP #	CC	1 CCCCC	<u>, </u>
	ENERGY LEVEL	MILD	MODERATE	INTENSE
	AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
	CAFFFINE	100 MG	200 MG	300 MG

OCCASION

AM WAKE UP

PRE-WORKOUT ENERGY*

POST-WORKOUT RECOVERY*

AFTERNOON PICK-ME-UP*

DO NOT EXCEED 6 SCOOPS IN ANY 4 HOUR PERIOD DO NOT EXCEED 10 SCOOPS PER DAY.

RECOMMENDED LISE

FOR PRE-WORKOUT ENERGY SUPPORT*. Take 2-6 scoops 20-30 minutes before training. FOR POST-WORKOUT AMINO SUPPORT*: At least 4 hours after initial pre-workout dose, take 2-4 scoops after training. DO NOT EXCEED MORE THAN 10 SCOOPS PER DAY.

2 scopps of this product contain 100 mg caffeine. DO NOT EXCEED MORE THAN 6 SCODDS within any 4 hour period. A person should start with 2 scoops (s100 mg caffeine) to assess tolerance and then gradually increase serving size. Do not exceed 10 scoops part 30 years to the cancer and then gradually increase serving size. Do not exceed 10 scoops part 30 years are serving size. Do not exceed 10 scoops part 30 years of the serving size in the servi



GREEN APPLE Ily and Artificially Flavored

AMINIO, SENTIAL MARKET SERVINGS OF THE PROPERTY OF THE PROPERT

USE ANYTIME TO SUPPORT:

- + ESSENTIAL AMINO ACID DELIVERY
- + MUSCLE RECOVERY **
- + ENERGY AND FOCUS*

30 SERVINGS **DIRECTIONS:** Mix two scoops of ESSENTIAL AMINO ENERGY™ in 10-12 oz of cold water.

Supplement Facts

Serving Size Two Scoops (9 g) Servings Per Container 30

Amount Per Serving	%	Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*

Amino Blend

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 HCI, Micronized L-Phenylalanine,
Micronized L-Threonine, Micronized L-Methionine

Energy Blend[†]* 160 mg †
Caffeine (from Green Tea)[†], Green Tea Extract (*Camellia sinensis*)
(leaf)(standardized for 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, Citric Acid, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Lecithin, FD&C Yellow #5, FD&C Blue #2.

ALLERGEN INFORMATION: CONTAINS SOY (LECITHIN)

MANUFACTURED BY OPTIMUM NUTRITION, INC. 975 Meridian Lake Dr., Aurora, IL 60504

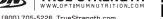
[‡]Total Caffeine from all sources is equal to 100mg/9g serving.



Natural Alternatives International (NAI) is the owner of patents 5,965,596, 6,172,098, 6,476,361,6,680,294 and registered trademark CarnoSyrt®



TRUE STRENGTH*



1 (800) 705-5226 TrueStrength.com

Contents sold by weight not volume, some settling may occur.

* When consumed as directed at maximum dosage



WARNING: CONSULTYOUR PHYSICIAN BEFORE USING THIS PRODUCT ARE TAKING ANY REDICATION OR ARE UNDER A PHYSICIAN'S CARE FOR MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF BY WORK IN THAT ARE PREMANT TO THE PREMANT OF WEN PRINCED THOSE THAT ARE SENSITIVE TO CAFFEINE AND BETA-ALANINE. DO NOTONISME CAFFEINE RAD OTHER SOURCES WHILE TAKING THIS PRODUCTES WHICH TAKING THIS PRODUCT SOURCES WHICH TAKING THE PRODUCT SOURCES WHICH TAKING THIS PRODUCT SOURCES WHICH TAKING THIS PRODUCT SOURCES WHICH TAKING THE PRODUCT SOURCES WHICH TAKING THE PRODUCT SOURCES WHICH THE PRODUCT SOURCES WHICH TAKING THE PRODUCT SOURCES WHICH THE PR

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CONTAINS
PHENYLALANINE.
NO ASPARTAME
To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place.



MANUFACTURED IN THE USA

This product contains ingredients of international and domestic origin