

**RECOMMENDED USE:** For energy & focus anytime during the day\*, consume 1 bottle. For muscle recovery support post-workout\*, consume 1 bottle after training.

## Supplement Facts

Serving Size 1 Bottle (16 fl oz)  
Servings Per Container 1

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g <1%*
Protein	1 g 2%*
Amino Acid Blend	5 g †
Taurine, Beta Alanine (CarnoSyn®), BCAA Peptides (Hydrolyzed Whey Protein Isolate, L-Leucine, L-Isoleucine, L-Valine) (PepForm®), L-Alanyl-L-Glutamine (Sustamine™), L-Citrulline Peptides (L-Citrulline, Hydrolyzed Whey Protein Isolate) (PepForm®), L-Arginine, L-Tyrosine	
Energy Blend*	160 mg †
Caffeine†, Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf) (standardized for 40% epigallocatechin gallate), Green Coffee Extract (bean)	

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

**OTHER INGREDIENTS:** Triple Filtered Water, Natural and Artificial Flavors, Malic Acid, Phosphoric Acid, Tartaric Acid, Potassium Sorbate, Potassium Benzoate, Sucralose, Caffeine (from Tea and/or Coffee Bean), Acesulfame Potassium, FD&C Red #40.

**ALLERGEN INFORMATION:** CONTAINS MILK INGREDIENTS.

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

† Total Caffeine from all sources is 100mg per bottle  
\* When consumed as directed at maximum dosage.

**CarnoSyn** CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc. www.carnosyn.com.

**SUSTAMINE** Sustamine™ is a trademark of Kyowa Hakko Bio Co., Ltd.

**PepForm** PepForm™ is a trademark of Gianbia plc.

DO NOT EXCEED FIVE BOTTLES PER DAY. DO NOT EXCEED MORE THAN 3 BOTTLES WITHIN ANY 4 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 fluid intake. Keep out of reach of children.

**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 SENSITIVE OR 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 HEART BEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.**

† 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.



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**AMIN.O.  
ENERGY**

- ENERGY AND FOCUS\*
- CAFFEINE FROM TEA AND COFFEE
- MUSCLE RECOVERY BEFORE, DURING AND AFTER EXERCISE\*\*
- ESSENTIAL AMINO ACID DELIVERY in the form of BCAAs\*

DIETARY SUPPLEMENT 16 FL OZ (474 mL)



ESSENTIAL  
**AMIN.O.  
ENERGY**™

**WATERMELON WAVE**  
Naturally and Artificially Flavored