


# ESSENTIAL AMINO.O. ENERGY

- Free Form Amino Acids for Rapid Uptake<sup>▲</sup>
- Essential Amino Acids Including BCAAs
- Supports Recovery Before, During & After Exercise<sup>▲</sup>
- Train Longer & Harder with beta-Alanine<sup>▲</sup>
- Natural Energizers & Antioxidants<sup>▲</sup>
- Supports Nitric Oxide Synthesis<sup>▲</sup>

## TWO SCOOPS = ONE SERVING

SCOOP #			
ENERGY LEVEL	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS

## OCCASION # OF SCOOPS

AM WAKE UP	2-4
PRE-WORKOUT ENERGY	4-6
POST-WORKOUT RECOVERY	2-4
AFTERNOON PICK-ME-UP	2-4

### RECOMMENDED USE:

**FOR AN AMINO ACID BOOST:** Consume one or more servings first thing in the morning and/or between meals. **FOR PRE-WORKOUT ENERGY:** Take 1-3 servings 20-30 minutes before training. **FOR POST-WORKOUT RECOVERY:** Take 1-2 servings immediately after training.

**TIPS:** ESSENTIAL AMINO ENERGY contains 50 mg of caffeine per scoop, so do not consume after 5:00 PM if you have difficulty sleeping. Caffeine sensitive individuals should assess their tolerance for caffeine with a 1-scoop serving before mixing up multiple scoops. ESSENTIAL AMINO ENERGY also contains beta-Alanine and may cause a temporary tingling sensation on your skin. This is normal. With continued use, the intensity of the sensation will decrease or disappear.

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



**BLUE RASPBERRY**  
Naturally and Artificially Flavored

# ESSENTIAL AMINO.O. ENERGY

## USE ANYTIME FOR:

- + ESSENTIAL AMINO ACID DELIVERY
- + NITRIC OXIDE PRODUCTION<sup>▲</sup>
- + MUSCLE RECOVERY ACCELERATION<sup>▲</sup>
- + IMPROVED ENERGY AND FOCUS<sup>▲</sup>

**30**  
SERVINGS

DIETARY SUPPLEMENT NET WT. 0.6 lbs (270 G)

**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	10	
Total Carbohydrate	2 g	1%*
Amino Blend	5 g	†
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, CarnoSyn® Beta-Alanine, Micronized Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine		
Energy Blend	160 mg	†
Caffeine (from Green Tea) <sup>†</sup> , Green Tea Extract ( <i>Camellia sinensis</i> )(leaf)(standardized for EGCG), Green Coffee Extract		

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

**OTHER INGREDIENTS:** Citric Acid, Natural and Artificial Flavors, Malic Acid, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, FD&C Blue # 2, Inulin.

**ALLERGEN INFORMATION:** CONTAINS SOY (LECITHIN)

† 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, 6,426,361, 6,680,294 and registered trademark CarnoSyn®.

**TRUE STRENGTH™**

WWW.OPTIMUMNUTRITION.COM

MANUFACTURED IN THE USA

Sunrise, FL 33325 (630) 236-0097  
Consumer Affairs TrueStrength.com



FPO UPC



©2011 OPTIMUM NUTRITION, INC

KEEP OUT OF REACH OF CHILDREN. Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. **PHENYLKETONURICS: CONTAINS PHENYLALANINE. NO ASPARTAME.**  
To maximize freshness and minimize product clumping, store tightly closed container in a cool, dry place.

11-181-682

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