

# 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. 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.



CONCORD GRAPE  
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 <sup>®</sup> 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:** Malic Acid, Natural & Artificial Flavors, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Citric Acid, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, FD&C Blue # 2, FD&C Red # 40, 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<sup>®</sup>.

TRUE STRENGTH<sup>™</sup>

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FPO UPC



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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, or taking any medication. PHENYLETHANOLAMINE, PHENYLETHANOLAMINE, PHENYLETHANOLAMINE. To maintain freshness and minimize product clogging, store tightly-closed container in a cool, dry place.

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