ESSENTIAL

AMIN.O. ENERGY™

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

DIAL UP YOUR ENERGY & AMINOS▲
TWO SCOOPS = ONE SERVING

DIAL-UP YOUR ENERGY & AMINOS▲

SCOOP #	1	2	3
ENERGY LEVEL▲	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE	100 MG	200 MG	300 MG

OCCASION

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

RECOMMENDED USE:

FOR PRE-WORKOUT ENERGY SUPPORT▲: Take 2-6 scoops 20-30 minutes before training.

FOR POST-WORKOUT AMINO SUPPORT▲: Take 2-4 scoops after training.

JUICY STRAWBERRY BURST
Naturally and Artificially Flavored

ESSENTIAL

AMIN.O. ENERGY®

USE ANYTIME TO SUPPORT:

+ ESSENTIAL AMINO ACID DELIVERY▲
+ MUSCLE RECOVERY▲★
+ ENERGY AND FOCUS▲

30 SERVICES

DIRECTIONS: Mix two scoops of ESSENTIAL AMIN.O. ENERGY™ ‡ in 10-12 fl oz of cold water.

Supplement Facts

Serving Size 2 Scoops (9 g)
Servings Per Container 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Sodium	10 mg	<1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn®), Micronized L-Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine Hydrochloride, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine		
Caffeine	100 mg	**
Green Tea Leaf Extract	50 mg	**
Green Coffee Bean Extract	10 mg	**

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

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 PERSONS UNDER 18 YEARS OF AGE. NOT RECOMMENDED FOR PERSONS WHO ARE PREGNANT OR NURSING, OR THOSE THAT ARE SENSITIVE TO CAFFEINE 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 HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD OR 10 SCOOPS WITHIN ANY 24 HOUR PERIOD. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM. AND DRINK AT LEAST 100 FL OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Caffeine (from Tea and/or Coffee Bean), Soy Lecithin, Beet Juice Powder (color), Acesulfame Potassium.

CONTAINS: SOY.

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

MANUFACTURED BY OPTIMUM NUTRITION, INC.
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‡ **Total Caffeine from all sources is equal to 100mg/9g serving.**

CarnoSyn Carnosine Synthesizer — Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

TRUE STRENGTH® WWW.OPTIMUMNUTRITION.COM 1 (800) 705-5226 TrueStrength.com

FPO UPC 748927059144 6044590 V1.914.0917US

Contents sold by weight not volume, some settling may occur. ★ When consumed as directed at maximum dosage.

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

DIETARY SUPPLEMENT NET WT 9.5 OZ (270 G)

▲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.