

ESSENTIAL AMINO.O. ENERGY™

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

TWO SCOOPS = ONE SERVING

SCOOP |

ENERGY LEVEL*	MILD	MODERATE	INTENSE
AMINO LEVEL	3 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*

*DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD.
 **DO NOT EXCEED 10 SCOOPS WITHIN ANY 24 HOUR PERIOD.

RECOMMENDED USE:

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 10 SCOOPS WITHIN ANY 24 HOUR PERIOD.**

*Two scoops of this product contain 100 mg caffeine. DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD. †A pre-workout supplement with 200 mg caffeine (100 mg contained) is used to estimate the amount of caffeine in this product. Caffeine sensitivity varies. Do not exceed 10 scoops within 24 hours. Do not consume with alcohol. ††Contains aspartame (affecting certain rare individuals) and other artificial sweeteners. Do not use if you are pregnant, nursing, or trying to conceive. †††Keep out of reach of children.

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



PEACH LEMONADE
 Natural and Artificially Flavored

ESSENTIAL AMINO.O. ENERGY™

USE ANYTIME TO SUPPORT:

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

30
SERVINGS

DIETARY SUPPLEMENT NET WT 9.5 OZ (270 G)

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

Supplement Facts

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

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g <1%**
Amino Blend	5 g †
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 HCl, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine	
Energy Blend*	160 mg †
Caffeine†, Green Tea Extract (<i>Camellia sinensis</i>)(leaf)(standardized for Epigallocatechin gallate (EGCG)), Green Coffee Extract (bean)	

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

OTHER INGREDIENTS: Malic Acid, Citric Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Caffeine (from Tea and/or Coffee Bean), Sucralose, Soy Lecithin, Beet Color, Yellow #5.

CONTAINS: SOY.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
 3500 Lacey Road, Suite 1200
 Downers Grove, IL 60515

† Total Caffeine from all sources is equal to 100mg per serving (2 scoops).

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TRUE STRENGTH™
 WWW.OPTIMUMNUTRITION.COM

1 (800) 705-5226 TrueStrength.com

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

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 CAFFEINE AND BETA-ALANINE, DO NOT CONSUME. CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT CAN CAUSE SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

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



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* 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.