

WHY ESSENTIAL AMIN.O. ENERGY®?

- Supports energy, focus and hydration any time of day¹*
- Caffeine from Natural Sources¹
- Amino acids to support muscle recovery⁴
- 0g of Sugar



ACTIVE
LIFESTYLE⁴



ENERGY
& FOCUS⁴



SPORTS⁴

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 WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR ARE NURSING, OR THOSE WHO 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 8 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.



9.5 GRAMS
ABOUT 2 SCOOPS
ESSENTIAL AMIN.O.
ENERGY®



10-12 FL OZ
COLD WATER



30 SECONDS
MIX UNTIL DISSOLVED

ON OPTIMUM
NUTRITION.

ESSENTIAL

AMIN.O. ENERGY®

+ HYDRATION¹*



how2recycle.info

OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.

¹Caffeine from tea leaf
and/or coffee bean.

¹When added to at least
10-12 fl oz of water.



*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.

ELECTROLYTES **5G** **0G**
CAFFEINE **AMINO** **SUGAR**
FROM NATURAL **ACIDS**
SOURCES¹

SUN-KISSED CITRUS
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

DIETARY SUPPLEMENT
NET WT 10.05 OZ (285 G) • 30 SERVINGS



Supplement Facts

Serving Size 9.5 g (About 2 Scoops)
Servings Per Container 30

| | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Calories | 5 | |
| Total Carbohydrate | 1 g | <1%* |
| Total Sugars | 0 g | ** |
| Magnesium | 60 mg | 14% |
| Chloride | 190 mg | 8% |
| Sodium | 105 mg | 5% |
| Potassium | 45 mg | 1% |
| Amino Blend | 5 g | ** |
| Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine, 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 | | |
| Electrolyte Blend | 440 mg | ** |
| Sodium Chloride, Magnesium Oxide, Potassium Chloride | | |
| 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.

OTHER INGREDIENTS: Citric Acid, Natural Flavor, Malic Acid, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Calcium Silicate, Silicon Dioxide, Sucralose, Tartaric Acid, Sunflower and/or Soy Lecithin.

CONTAINS: SOY.

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

MADE IN THE USA

THIS PRODUCT CONTAINS INGREDIENTS OF
INTERNATIONAL AND DOMESTIC ORIGIN.



CONTENTS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING WILL OCCUR. SHAKE GENTLY BEFORE FIRST USE.

PHENYLKETONURICS:
CONTAINS
PHENYLALANINE

NO ASPARTAME

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place away from direct sunlight. Keep container closed when not in use. Close container tightly after each use.

¹Caffeine from tea leaf and/or coffee bean.

**BANNED
SUBSTANCE
TESTED**



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