

**ESSENTIAL AMIN.O. ENERGY PLUS ELECTROLYTES™** offers a combination of 5 grams of Amino Acids, 100 milligrams of Caffeine, and Electrolytes to support performance, endurance and active living.

INGREDIENT	AMOUNT	SUPPORT
AMINO ACIDS	5 G	MUSCLE RECOVERY*
CAFFEINE*	100 MG	ENERGY + FOCUS*
ELECTROLYTES	SODIUM 110 MG POTASSIUM 50 MG MAGNESIUM 60 MG CHLORIDE 200 MG	HYDRATION* AND PERFORMANCE*

**DIAL UP YOUR ENERGY & AMINOS<sup>+</sup>**  
TWO SCOOPS = ONE SERVING

SCOOP #	1	2	3
ENERGY LEVEL <sup>+</sup>	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE	100 MG	200 MG	300 MG

**OCCASION**

- ANYTIME YOU NEED AN ENERGY BOOST<sup>+</sup>
- PRE-WORKOUT ENERGY & HYDRATION<sup>+</sup>
- POST WORKOUT RECOVERY & REHYDRATION<sup>+</sup>

**RECOMMENDED USE FOR HEALTHY ADULTS:**

**FOR PRE-WORKOUT ENERGY AND HYDRATION SUPPORT:** Take 2-6 scoops with at least 10-12 fl oz of water 30 min before training.  
**FOR POST-WORKOUT MUSCLE RECOVERY SUPPORT:** Take 2-4 scoops with at least 10-12 fl oz of water after training.

**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 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.

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



ESSENTIAL  
**AMINO.O.**  
**ENERGY**  
**+ ELECTROLYTES**

USE ANYTIME TO SUPPORT:

- HYDRATION<sup>+</sup>
- FOCUS & ENERGY\*
- MUSCLE RECOVERY\*

**30**  
SERVINGS

DIETARY SUPPLEMENT NET WT 10.05 OZ (285 G)

**DIRECTIONS:** Mix two scoops in 10-12 fl oz of cold water.

**Supplement Facts**

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

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Magnesium	60 mg	14%
Chloride	200 mg	9%
Sodium	110 mg	5%

**Amino Blend** 5 g \*\*

Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn<sup>®</sup>), 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 and Artificial Flavor, Malic Acid, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Caffeine (From Tea Leaf and/or Coffee Bean), Sucralose, Lecithin, Yellow 5.

**CONTAINS: SOY.**

**CAFFEINE FROM NATURAL SOURCES<sup>+</sup>** †When added to at least 10 fl oz of water

Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark CarnoSyn<sup>®</sup>

Store in a cool, dry place away from direct sunlight.

**BANNED SUBSTANCE TESTED**

**INFORMED-CHOICE**  
Trusted by sport

INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

\*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.

PINEAPPLE TWIST  
NATURALLY AND ARTIFICIALLY FLAVORED

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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Contents sold by weight not volume.