

## WHY ESSENTIAL AMIN.O. ENERGY®?

- Supports energy and focus any time of day\*
- Caffeine from Natural Sources†
- Amino acids to support muscle recovery\*
- 0g of Sugar



ACTIVE  
LIFESTYLE\*



ENERGY  
& FOCUS\*



SPORTS  
PERFORMANCE\*

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 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.



9 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®

### DIAL UP YOUR ENERGY & AMINOS\* 1 SERVING = 9 g (ABOUT 2 SCOOPS)

| SCOOP #       | x2      | x4       | x6       |
|---------------|---------|----------|----------|
| ENERGY LEVEL* | MILD    | MODERATE | INTENSE  |
| AMINO LEVEL   | 5 GRAMS | 10 GRAMS | 15 GRAMS |
| CAFFEINE†     | 100 MG  | 200 MG   | 300 MG   |



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

ANYTIME  
ENERGY\* &  
RECOVERY\*

0g SUGAR  
CAFFEINE  
FROM NATURAL  
SOURCES†

GREEN APPLE  
ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT  
NET WT 9.5 OZ (270 G) • 30 SERVINGS



## Supplement Facts

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

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Calories  | 5                  |               |
| Total Carbohydrate  | 1 g                | <1%*          |
| Total Sugars  | 0 g                | **            |
| Sodium  | 15 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 |                    |               |
| 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:** Malic Acid, Natural and Artificial Flavor, Citric Acid, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Sunflower and/or Soy Lecithin, Yellow 5, Blue 2.  
**CONTAINS: SOY.**



MANUFACTURED BY  
OPTIMUM NUTRITION, INC.  
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MADE IN  
THE USA

THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN.

\*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.



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.

†CAFFEINE FROM TEA  
LEAF AND/OR COFFEE  
BEAN.

BANNED  
SUBSTANCE  
TESTED



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V5:170.0521US