

ESSENTIAL AMINO.O. ENERGY™

TWO SCOOPS = ONE SERVING

DIAL-UP
YOUR ENERGY
& AMINOS

SCOOP #	👉	👉👉👉	👉👉👉👉👉
ENERGY LEVEL	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS

OCCASION	# OF SCOOPS
AM WAKE UP	2-4
PRE-WORKOUT ENERGY	4-6
POST-WORKOUT RECOVERY	2-4
AFTERNOON PICK-ME-UP	2-4

RECOMMENDED USE:

FOR AN AMINO ACID BOOST: Consume one or more servings first thing in the morning and/or between meals. FOR PRE-WORKOUT ENERGY: Take 1-3 servings 20-30 minutes before training. FOR POST-WORKOUT RECOVERY: Take 1-2 servings immediately after training.

TIPS: ESSENTIAL AMINO ENERGY contains 50 mg of caffeine per scoop, so do not consume after 5:00 PM if you have difficulty sleeping. Caffeine sensitive individuals should assess their tolerance for caffeine with a 1-scoop serving before mixing up multiple scoops. ESSENTIAL AMINO ENERGY also contains beta-Alanine and may cause a temporary tingling sensation on your skin. This is normal. With continued use, the intensity of the sensation will decrease or disappear.

- Free Form Amino Acids for Rapid Uptake[▲]
- Essential Amino Acids Including BCAAs
- Supports Recovery Before, During & After Exercise[▲]
- Train Longer & Harder with beta-Alanine[▲]
- Natural Energizers & Antioxidants[▲]
- Supports Nitric Oxide Synthesis[▲]



CONCORD GRAPE
Naturally and Artificially Flavored

ESSENTIAL AMINO.O. ENERGY™

USE ANYTIME FOR: + ESSENTIAL AMINO ACID DELIVERY
+ NITRIC OXIDE PRODUCTION[▲]
+ MUSCLE RECOVERY ACCELERATION[▲]
+ IMPROVED ENERGY AND FOCUS[▲]

65
SERVINGS

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

Supplement Facts

Serving Size Two Scoops (9 g)
Servings Per Container 65

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g 1%*
Amino Blend	5 g †
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, CarnoSyn® Beta-Alanine, Micronized Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine	
Energy Blend	160 mg †
Caffeine (from Green Tea)†, Green Tea Extract (Camellia sinensis)(leaf)(standardized for EGCG), Green Coffee Extract	

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

OTHER INGREDIENTS: Malic Acid, Natural and Artificial Flavors, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Citric Acid, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, FD&C Blue #2, FD&C Red #40, Inulin.

ALLERGEN INFORMATION: CONTAINS SOY (LECITHIN)

† Total Caffeine from all sources is equal to 100mg/9g serving.



TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM
MANUFACTURED IN THE USA

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Consumer Affairs TrueStrength.com

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KEEP OUT OF REACH OF CHILDREN. Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

PHENYLKETONURICS: CONTAINS PHENYLALANINE
NO ASPARTAME

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place.