

# ESSENTIAL AMINO.O. ENERGY™

- Supports Anytime Energy & Muscle Recovery\*\*
- Caffeine from Natural Sources including Colombian Coffee Powder
- Micronized Free Form Amino Acids For Faster Absorption\*

## TWO SCOOPS = ONE SERVING

| SCOOP #       | 1       | 2       | 3        | 4        | 5        | 6        | 7        | 8        | 9        | 10       |
|---------------|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------|
| ENERGY LEVEL* | MILD    | MILD    | MODERATE | MODERATE | MODERATE | MODERATE | MODERATE | MODERATE | MODERATE | MODERATE |
| AMINO LEVEL   | 5 GRAMS | 5 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS | 10 GRAMS |
| CAFFEINE      | 100 MG  | 100 MG  | 200 MG   | 200 MG   | 200 MG   | 200 MG   | 200 MG   | 200 MG   | 200 MG   | 200 MG   |

## OCCASION

- AM WAKE UP\*
- AFTERNOON PICK-ME-UP\*
- PRE-WORKOUT ENERGY\*
- POST-WORKOUT RECOVERY\*

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

## RECOMMENDED USE:

Mix 2 scoops into 10 fl oz ice cold water or milk anytime you want to enjoy café-inspired flavor with a burst of energy and recovery support.\*\* Not recommended for preparation with or consumption as a hot beverage. DO NOT EXCEED 6 SCOOPS WITHIN A 4 HOUR PERIOD, OR 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 person should start with 2 scoops (100 mg caffeine) or less to assess tolerance and then gradually increase serving size. Do not exceed 10 scoops within any 24 hour period. Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 100 oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children.

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



ICED CAFÉ  
VANILLA FLAVOR  
Natural and Artificial

# ESSENTIAL AMINO.O. ENERGY™

CAFÉ SERIES

- + COFFEE HOUSE STYLE FLAVOR
- + ANYTIME ENERGY & FOCUS\*
- + MUSCLE RECOVERY\*\*

30  
SERVINGS

DIETARY SUPPLEMENT NET WT 10.6 OZ (300 G)

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

## Supplement Facts

Serving Size 2 Scoops (10 g)  
Servings Per Container 30

| 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, 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:** Natural & Artificial Flavors, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Colombian Coffee Powder, Citric Acid, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Silicon Dioxide, Calcium Silicate, salt, Caffeine (from Tea and/or Coffee Bean), Inulin (Frutafit®IQ), Malic Acid, Sucralose, Cocoa (Processed with Alkali), Lecithin, Acesulfame Potassium.

**CONTAINS: MILK AND 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).



CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc.



**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.

\*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.

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

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FPO UPC

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