



WATERMELON
Naturally and Artificially Flavored

ESSENTIAL AMINO. ENERGY

USE ANYTIME TO SUPPORT:

- + ESSENTIAL AMINO ACID DELIVERY[▲]
- + MUSCLE RECOVERY^{▲▲}
- + ENERGY AND FOCUS[▲]

30
SERVINGS

DIETARY SUPPLEMENT NET WT 9.5 OZ (270 G)

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 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 (from Green Tea) [†] , Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (standardized for EGCG), Green Coffee Extract (bean)		

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

OTHER INGREDIENTS: Natural and Artificial Flavor, Malic Acid, Citric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Tartaric Acid, Lecithin, Beet Color, Inulin.

CONTAINS: SOY

MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

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



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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.

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 AND 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.

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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