

# ESSENTIAL AMINO.O. ENERGY™

- Micronized Free Form Amino Acids For Faster Absorption\*
- Supports Recovery Before, During & After Exercise\*\*
- Caffeine from Natural Sources

## TWO SCOOPS = ONE SERVING

| SCOOP #      | 1       | 2        | 3        | 4 | 5 |
|--------------|---------|----------|----------|---|---|
| ENERGY LEVEL | MILD    | MODERATE | INTENSE  |   |   |
| AMINO LEVEL  | 5 GRAMS | 10 GRAMS | 15 GRAMS |   |   |
| CAFFEINE     | 100 MG  | 200 MG   | 300 MG   |   |   |

## OCCASION

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

DO NOT EXCEED 6 SCOOPS IN ANY 4 HOUR PERIOD.  
DO NOT EXCEED 10 SCOOPS PER DAY.

## RECOMMENDED USE:

FOR PRE-WORKOUT ENERGY SUPPORT\*: Take 2-6 scoops 20-30 minutes before training. FOR POST-WORKOUT AMINO SUPPORT\*: At least 4 hours after initial pre-workout dose, take 2-4 scoops after training. DO NOT EXCEED MORE THAN 10 SCOOPS PER DAY.

2 scoops of this product contain 100 mg caffeine. DO NOT EXCEED MORE THAN 6 SCOOPS within any 4 hour period. A person should start with ≤ 2scoops (≤ 100 mg caffeine) to assess tolerance and then gradually increase serving size. Do not exceed 10 scoops per day. Do not combine with alcohol. Consume as part of a healthy diet, 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



WATERMELON

Naturally and Artificially Flavored

# ESSENTIAL AMINO.O. 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 Flavors, Malic Acid, Citric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Tartaric Acid, Lecithin, Beet Color, Inulin.

**ALLERGEN INFORMATION:** CONTAINS SOY (LECITHIN)

**MANUFACTURED BY OPTIMUM NUTRITION, INC.**  
975 Meridian Lake Dr., Aurora, IL 60504

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



Natural Alternatives International (NAI) is the owner of patents 5,965,596, 6,172,098, 6,426,361, 6,680,294 and registered trademark CarnoSyn®.



**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.



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FPO UPC

V2.667.0713.US

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

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATION 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.

† 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.