

- + NATURAL FLAVOR
- + NATURAL SOURCES OF CAFFEINE
- + COLORED WITH FRUIT AND VEGETABLE EXTRACTS
- + SWEETENED WITH STEVIA LEAF EXTRACT
- + MICRONIZED FREE FORM AMINO ACIDS FOR FASTER ABSORPTION*
- + SUPPORTS RECOVERY BEFORE, DURING AND AFTER EXERCISE**

DIAL UP YOUR ENERGY & AMINOS*
TWO SCOOPS = ONE SERVING

SCOOP #	  		
ENERGY LEVEL*	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE	100 MG	200 MG	300 MG

OCCASION

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

RECOMMENDED USE:

FOR PRE-WORKOUT ENERGY SUPPORT*: Take 2-6 scoops 20-30 minutes before training.

FOR POST-WORKOUT AMINO SUPPORT*: Take 2-4 scoops after training.

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 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.

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



ESSENTIAL AMINO.O. ENERGY NATURALLY FLAVORED

- + ESSENTIAL AMINO ACID DELIVERY*
- + MUSCLE RECOVERY, ENERGY & FOCUS**
- + NO ARTIFICIAL SWEETENERS OR COLORS*

25
SERVINGS

SIMPLY RASPBERRY LEMONADE
NATURALLY FLAVORED

DIRECTIONS: Mix two scoops of ESSENTIAL AMINO.O.
ENERGY in 8 - 10 fl oz of cold water.

Supplement Facts

Serving Size 2 Scoops (9 g)
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Calcium	30 mg	2%
Sodium	10 mg	<1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn®), Micronized L-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		
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: Natural Flavor, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Tartaric Acid, Stevia Leaf Extract, Xanthan Gum, Caffeine (from Tea Leaf and/or Coffee Bean), Fruit and Vegetable Juice (Color), Soy Lecithin.

CONTAINS: SOY.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 LACEY ROAD, SUITE 1200
DOWNERS GROVE, IL 60515

† Total caffeine from all sources is equal to 100 mg per serving (2 scoops).



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com 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.

*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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DIETARY SUPPLEMENT NET WT 7.94 OZ (225 G)