

ESSENTIAL AMINO.O. ENERGY™

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

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

SCOOP #	1	2	3	4	5	6	7	8	9	10
ENERGY LEVEL*	MILD	MILD	MILD	MILD	MILD	MILD	MILD	MILD	MILD	MILD
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS	20 GRAMS	25 GRAMS	30 GRAMS	35 GRAMS	40 GRAMS	45 GRAMS	50 GRAMS
CAFFEINE	100 MG	200 MG	300 MG	400 MG	500 MG	600 MG	700 MG	800 MG	900 MG	1000 MG

OCCASION

AM WAKE UP*

PRE-WORKOUT ENERGY*

POST-WORKOUT RECOVERY*

AFTERNOON PICK-ME-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.

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



JUICY
STRAWBERRY BURST
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.O.
ENERGY™ in 10-12 fl oz of cold water.

Supplement Facts

Serving Size 2 Scoops (9 g)

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
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 Hydrochloride, 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: Citric Acid, Malic Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Caffeine (from Tea and/or Coffee Bean), Soy Lecithin, Beet Juice Powder (color), Acesulfame Potassium.

CONTAINS: SOY.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
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* Total Caffeine from all sources is equal to 100mg/9g serving.



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.

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FPO UPC



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 MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY CHILDREN. THIS PRODUCT CONTAINS PHENYLALANINE. PHENYLALANINE MAY CAUSE HYPERTENSION IN SOME INDIVIDUALS. PHENYLALANINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A BURNING, TEMPORARY TINGLING OR FLUSHING SENSATION. DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD OR 10 SCOOPS PER DAY. EXCESSIVE CONSUMPTION MAY CAUSE GASTROINTESTINAL DISCOMFORT, HEADACHE, AND OTHER ADVERSE EFFECTS. EXCESSIVE CONSUMPTION MAY INCREASE YOUR NEED FOR FLUID INTAKE.