

# ESSENTIAL AMINO. 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
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\*

## 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.



# ESSENTIAL AMINO. ENERGY®

USE ANYTIME TO SUPPORT:

- + ESSENTIAL AMINO ACID DELIVERY\*
- + MUSCLE RECOVERY\*
- + ENERGY AND FOCUS\*

30  
SERVINGS

JUICY  
STRAWBERRY BURST  
Naturally and Artificially Flavored

MANUFACTURED IN THE USA  
From International and domestic origin

DIETARY SUPPLEMENT NET WT 9.5 OZ (270 G)

DIRECTIONS: Mix two scoops of ESSENTIAL AMIN.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.  
3500 Lacey Road, Suite 1200  
Downers Grove, IL 60515

\* 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.

\*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. 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 FLUID NEEDS.

NEVER TAKE THIS PRODUCT IF YOU ARE PREGNANT, TRYING TO GET PREGNANT, OR BREASTFEEDING. IF YOU ARE PREGNANT, TRYING TO GET PREGNANT, OR BREASTFEEDING, DO NOT TAKE THIS PRODUCT. THOSE UNDER THE AGE OF 18, THOSE SENSITIVE TO CAFFEINE OR BETA-ALANINE, OR DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, TEMPORARY TINGLING OR FLUSHING OR HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY SENSATION, AND OCCASIONALLY RAPID HEARTBEAT. 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 FLUID NEEDS.

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



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FPO UPC

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