

ESSENTIAL AMIN.O. ENERGY™ ADVANCED PLUS METABOLISM AND FOCUS SUPPORT*

offers a combination of 5 grams of Amino Acids, 100 milligrams of Organic Caffeine, Alpha GPC and Cognizin to help performance, energy, focus and active living.*

DIAL UP YOUR ENERGY & AMINOS*
9.5 G (ABOUT TWO SCOOPS) = ONE SERVING

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

INGREDIENT	AMOUNT	SUPPORT
AMINO ACIDS	5 G	MUSCLE RECOVERY*
ORGANIC CAFFEINE (from PurTea® and PurCaf®)	100 MG	ENERGY*
ALPHA GPC	100 MG	+ FOCUS*
Cognizin® CITICOLINE	50 MG	+ METABOLISM*

CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTling WILL OCCUR.



ESSENTIAL AMIN.O. ENERGY ADVANCED

METABOLISM & FOCUS SUPPORT*

WITH
Cognizin®

ESSENTIAL
AMINO ACIDS*

MUSCLE
RECOVERY*



**STRAWBERRY
MANGO**
Naturally and
Artificially Flavored

**BANNED
SUBSTANCE
TESTED**

20
SERVINGS

DIETARY SUPPLEMENT NET WT 6.7 OZ (190 G)

DIRECTIONS: Mix 9.5 G (about 2 scoops) in 10-12 fl oz of cold water.

Supplement Facts

Serving Size About 2 Scoops (9.5 g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as Ascorbic Acid)	200 mg	222%*
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, CarnoSyn® Beta-alanine, 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 (PurTea® Organic caffeine from green tea, PurCaf® Organic caffeine from green coffee)	100 mg	**
Alpha-Glyceryl Phosphoryl Choline	100 mg	**
Turmeric Extract	100 mg	**
Cognizin® Citicoline	50 mg	**

*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, Tartaric Acid, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Beet Juice Powder (color), Lecithin, Yellow 6.

CONTAINS: SOY.

*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 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.

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place.



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

Cognizin®

Cognizin® is a registered trademark of KYOWA HAKKO BIO CO., LTD.



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

**MANUFACTURED BY
OPTIMUM NUTRITION, INC.**
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MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

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FPO UPC

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