

ESSENTIAL AMIN.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 #			
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-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.

FOR ANYTIME ENERGY SUPPORT*: Take 2-4 scoops.

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.



BLUEBERRY
LEMONADE

Naturally and Artificially Flavored

ESSENTIAL AMIN.O. ENERGY®



SUPPORTS
FOCUS &
ENERGY*



SUPPORTS
MUSCLE
RECOVERY*



CAFFEINE
FROM NATURAL
SOURCES

30
SERVINGS

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	5	
Total Carbohydrate	1 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 HCl, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine		
Energy Blend*	160 mg	†
Caffeine†, Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (standardized for Epigallocatechin gallate (EGCG)), Green Coffee Extract (bean)		

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea Leaf and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Soy Lecithin, Blue 1.

CONTAINS: SOY.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 LACEY ROAD, SUITE 1200, DOWNERS GROVE, IL 60515
1 (800) 705-5226



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

Contents sold by weight not volume, some settling may occur.

BANNED
SUBSTANCE
TESTED ✓



OPTIMUM NUTRITION
OPTIMUMNUTRITION.COM



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.

PHENYLETANONURICS:
CONTAINS
PHENYLALANINE.
NO ASPARTAME

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

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

748927062113

FPO UPC



6049320

V-1.211.081BUS

*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.