

ESSENTIAL AMINO.O. ENERGY™

- Supports Anytime Energy & Muscle Recovery**
- Caffeine from Natural Sources
- Micronized Free Form Amino Acids For Faster Absorption*

TWO SCOOPS = ONE SERVING

SCOOP #	1	2	3	4	5	6	7	8	9	10
ENERGY LEVEL*	MILD	MODERATE	MODERATE	MODERATE	MODERATE	MODERATE	MODERATE	MODERATE	MODERATE	MODERATE
AMINO LEVEL	5 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS	10 GRAMS
CAFFEINE	100 MG	200 MG	200 MG	200 MG	200 MG	200 MG	200 MG	200 MG	200 MG	200 MG

OCCASION

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

DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD.
DO NOT EXCEED 10 SCOOPS WITHIN ANY 24 HOUR PERIOD.

RECOMMENDED USE:

Mix 2 scoops into 10 fl oz ice cold water or milk anytime you want to enjoy café-inspired flavor with a burst of energy and recovery support.** Not recommended for preparation with or consumption as a hot beverage. DO NOT EXCEED 6 SCOOPS WITHIN A 4 HOUR PERIOD, OR 10 SCOOPS WITHIN ANY 24 HOUR PERIOD.

Two scoops of this product contain 100 mg caffeine. DO NOT EXCEED 6 SCOOPS within any 4 hour period. A person should start with 2 scoops (100 mg caffeine) or less to assess tolerance and then gradually increase serving size. Do not exceed 10 scoops within any 24 hour period. Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 100 oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children.

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



ICED CHAI TEA
LATTE FLAVOR
Natural and Artificial

ESSENTIAL AMINO.O. ENERGY™

CAFÉ SERIES

- + COFFEE HOUSE STYLE FLAVOR
- + ANYTIME ENERGY & FOCUS*
- + MUSCLE RECOVERY**

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%**
Amino Blend	5 g †
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn®), Micronized 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* Caffeine†, Green Tea Extract (<i>Camellia sinensis</i>) (leaf)(standardized for Epigallocatechin gallate (EGCG)), Green Coffee Extract (bean)	160 mg †

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

OTHER INGREDIENTS: Natural & Artificial Flavors, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Cinnamon, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Bean), Inulin (Frutafit®IQ), Sucralose, Lecithin, Cocoa (Processed with Alkali), Acesulfame Potassium, Spices, Ground Anise Seed.

CONTAINS: MILK AND SOY.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
3500 Lacey Road, Suite 1200, Downers Grove, IL 60515

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



CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc.



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.

748927054170

FPO UPC



V.1.417.0615US 6034320

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 HEART BEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.