

WHY ESSENTIAL AMIN.O. ENERGY®?

- Supports energy and focus any time of day*
- Caffeine from Natural Sources†
- Amino acids to support muscle recovery*
- 0g Sugar

**ACTIVE LIFESTYLE***

**ENERGY & FOCUS***

**SPORTS PERFORMANCE***

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 WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR ARE NURSING, OR THOSE WHO 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.

**9 GRAMS**
ABOUT 2 SCOOPS
ESSENTIAL AMIN.O.
ENERGY™

**10-12 FL OZ**
COLD WATER

**30 SECONDS**
MIX UNTIL DISSOLVED

DIAL UP YOUR ENERGY & AMINOS*
1 SERVING = 9 g (ABOUT 2 SCOOPS)

SCOOP #	 x 2	 x 4	 x 6
ENERGY LEVEL*	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE‡	100 MG	200 MG	300 MG



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



ESSENTIAL
**AMIN.O.
ENERGY®**

ANYTIME
**ENERGY* &
RECOVERY***

0g SUGAR
CAFFEINE
FROM NATURAL
SOURCES‡

CONCORD GRAPE
ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT
NET WT 1.29 LB (585 G) • 65 SERVINGS



Supplement Facts

Serving Size 9 g (About 2 Scoops)		
Servings Per Container 65		
	Amount Per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	0 g	**
Sodium	10 mg	<1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, 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‡	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: Malic Acid, Natural and Artificial Flavor, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Citric Acid, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sunflower and/or Soy Lecithin, Blue 2, Red 40, Inulin.
CONTAINS: SOY.

**MANUFACTURED BY
OPTIMUM NUTRITION, INC.**
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THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN.
*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.



**CONTENTS SOLD BY
WEIGHT NOT VOLUME.
SOME SETTLING WILL
OCCUR. SHAKE GENTLY
BEFORE FIRST USE.**

PHENYLKETONURICS:
CONTAINS
PHENYLALANINE.

NO ASPARTAME

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place. Keep container closed when not in use. Close container tightly after each use.

‡CAFFEINE FROM TEA LEAF AND/OR COFFEE BEAN.



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