

ESSENTIAL AMINO.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 #	1 SCOOP	2 SCOOPS	3 SCOOPS
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*

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

RECOMMENDED USE:

FOR PRE-WORKOUT ENERGY SUPPORT*: Take 2-6 scoops 20-30 minutes before training. FOR POST-WORKOUT AMINO SUPPORT*: At least 4 hours after initial pre-workout dose, take 2-4 scoops after training. DO NOT EXCEED 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



PEACH LEMONADE
Naturally and Artificially Flavored

ESSENTIAL AMINO.O. ENERGY®

USE ANYTIME TO SUPPORT:

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

30
SERVINGS

DIETARY SUPPLEMENT NET WT 9.5 OZ (270 G)

DIRECTIONS: Mix two scoops of ESSENTIAL AMINO.O. ENERGY** in 10-12 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%**
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*	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: Malic Acid, Citric Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Caffeine (from Tea and/or Coffee Bean), Sucralose, Soy Lecithin, Beet Color, Yellow #5.

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 per serving (2 scoops).



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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 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 BREASTFEEDING SHOULD NOT TAKE THIS PRODUCT. EXCESSIVE CONSUMPTION OF THIS PRODUCT MAY CAUSE NERVOUSNESS, IRRITABILITY, AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

PHENYLKETONURICS:
CONTAINS
PHENYLALANINE.

NO ASPARTAME

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



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