

Supplement Facts

Serving Size	1 Scoop (15 g)	2 Scoops (30 g)
Servings Per Container	52	26
Amount Per Serving	% Daily Value	% Daily Value
Calories	50	100
Calories From Fat	10	15
Total Fat	1 g	2%*
Saturated Fat	0.5 g	3%*
Cholesterol	20 mg	7%*
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	<1 g	3%
Sugar	0 g	<1 g
Protein	10 g	20%*
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (as Thiamin Hydrochloride)	3 mg	200%
Riboflavin	3.4 mg	200%
Niacin (as Niacinamide)	40 mg	200%
Vitamin B6 (as Pyridoxine Hydrochloride)	4 mg	200%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Sodium	105 mg	4%
Energy and Focus Blend▲	110 mg	†
Caffeine, Green Tea Extract (Leaf)(standardized for EGCG)		†

OTHER INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate), Cocoa Powder (Processed with Alkali), Natural & Artificial Flavors, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin and Tocopherols), Lecithin, Coffee Powder, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Caffeine (from Tea and/or Coffee Bean), Sucralose.

ALLERGEN INFORMATION: Contains Milk and Soy (Lecithin) ingredients.

MANUFACTURED BY OPTIMUM NUTRITION

975 Meridian Lake Dr., Aurora, IL 60504

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATION 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 NIACIN. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

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 FLUID INTAKE. DO NOT EXCEED 6 SCOOPS PER DAY.

CONTAINS 60MG OF CAFFEINE PER SCOOP.

"Mix and Go" to Help Fuel your Day

INSTANTIZED WHEY PROTEIN FOR SUPERIOR MIXABILITY



SPOON STIRRED: PROTEIN ENERGY™▲ is instantized. This means you can add two scoops to 8-10 oz of water or milk into a glass and then simply mix with a spoon. Stir for about 30 seconds or until powder is completely dissolved. TIP: Adjust the taste of your PROTEIN ENERGY™▲ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix two scoops with 6-8 oz of water or milk. For a milder tasting, less sweet shake use 10-12 oz of liquid per two scoops.



SHAKER CUP: Having a shaker cup at home, the office, or in your bag is a great way to get a dose of protein and energy to help fuel your day. Just pour 8-10 oz of water or milk and then add two scoops of PROTEIN ENERGY™▲ to your shaker cup. Cover and shake for 25-30 seconds. Don't have a shaker cup? Visit your local sports nutrition store, gym, or optimumnutrition.com to order a custom ON shaker.



THINK OUTSIDE THE GLASS: PROTEIN ENERGY™▲ can be used for more than just protein shakes. Try mixing a scoop into a cup of coffee or the milk that you pour over your morning breakfast cereal. Better yet, increase the protein and energy content of muffins, cookies, brownies, etc. by adding a scoop or two to your baked goods recipes.▲

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

Protein Solutions Throughout Your Day

	PROTEIN ENERGY™▲	GOLD STANDARD 100% WHEY™	GOLD STANDARD 100% CASEIN™
WHAT	Complete Proteins and Caffeine from Natural Sources	Faster Digesting Protein	Slower Digesting Protein
WHEN	Morning and Mid-Day	Post-Workout	Before Bed
WHY	Muscle Support and Energy▲	Muscle Recovery and Growth	Overnight Muscle Support



TRUE STRENGTH
www.optimumnutrition.com

1 (800) 705-5226 TrueStrength.com



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▲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.

Store in a cool, dry place. Content sold by weight not volume.

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



NET WT. 1.72 LB (780 G) DIETARY SUPPLEMENT

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.



- ▲ PREMIUM WHEY PROTEIN
- ▲ CAFFEINE FROM NATURAL SOURCES
- ▲ ANTIOXIDANT VITAMIN E
- ▲ VITAMINS B6 & B12
- ▲ PROVIDES FUEL AND ENERGY▲

ANYTIME USE:

PROTEIN ENERGY™▲

Help Fuel Your Day



MOCHA CAPPUCCINO
Naturally & Artificially Flavored