

PERFORMANCE  
**ENERGY™**

**BEFORE HEADING TO THE GYM OR OUT FOR A RUN**, mix Performance Energy™ in cold water for a fruit flavored burst of energy and alertness\*. Each serving provides about the same amount of caffeine as a cup of coffee along with approximately 5 grams of amino acids – the building blocks of protein – to support muscle recovery and maintenance\*\*. Performance Energy™ can be enjoyed any time of day as a substitute for coffee, tea and soft drinks.

- SUGAR FREE
- JUST 10 CALORIES PER SERVING
- NO ARTIFICIAL COLORS OR FLAVORS



PERFORMANCE  
**ENERGY™**

**SUPPORTS ENERGY & FOCUS DURING WORKOUTS\***  
HELPS WITH MUSCLE RECOVERY AFTER WORKOUTS\*\*

**FRUIT PUNCH**  
Naturally Flavored



**40**

DIETARY SUPPLEMENT

NET WT. 12 OZ (340 G)

SERVINGS

**DIRECTIONS:** Mix one scoop of PERFORMANCE ENERGY™ in 10-12 oz of cold water.

**Supplement Facts**

Serving Size One Scoop (8.5 g)  
Servings Per Container 40

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	2 g	1%*
Amino Blend	5 g	†
Micronized Taurine, L-Alanine, Micronized L-Leucine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Isoleucine, Micronized L-Valine, CarnoSyn® Beta-Alanine, Micronized L-Citrulline, Micronized L-Methionine		
Caffeine†	100 mg	†

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

**OTHER INGREDIENTS:** Citric Acid, Malic Acid, Natural Flavors, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Beet Powder, Lecithin, Inulin.

**ALLERGEN INFORMATION:** CONTAINS SOY (LECITHIN)

**MANUFACTURED BY |** 975 Meridian Lake Dr.  
**OPTIMUM NUTRITION |** Aurora, IL 60504

1 (800) 705-5226 OPTIMUMNUTRITION.COM

Phenylketonurics: Contains Phenylalanine

† Total Caffeine from all sources is equal to 100mg per scoop.

▲ 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.

■ When consumed as directed at maximum dosages.

**DIAL-UP SERVINGS TO AMINO**

SCOOP #	☉	☉☉	☉☉☉
ENERGY LEVEL	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS

OCCASION	# OF SCOOPS
AM WAKE UP	1-2
BEFORE EXERCISE/COMPETITION	2-3
POST-WORKOUT RECOVERY	1-2
AFTERNOON PICK-ME-UP	1-2

DO NOT EXCEED 3 SCOOPS IN ANY 4 HOUR PERIOD.  
DO NOT EXCEED 5 SCOOPS PER DAY.

**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.

DO NOT COMBINE WITH ALCOHOL. CONSUME AS PART OF A HEALTHY DIET, AND DRINK AT LEAST 100 OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE. KEEP OUT OF REACH OF CHILDREN.



Natural Alternatives International (NAI) is the owner of patents 5,955,596, 6,172,098, 6,426,361, 6,680,294 and registered trademark CarnoSyn®.



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